



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Kiewitt, Uwe

Club: Pst Pfungstadt
Number: 268

Course: 6.00 km
6 km Run

Category:
Männer M45

Total time: 31:00

Speed: 11.61 km/h
Running performance: 5:10 min/km

Rank in course/Total: 50 (of 174)

Rank in course/Men: 40 (of 92)

Best time in course: 22:06

Rank in category: 10(of 23)

Best time in the category: 23:49