



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Hans, Gernot

Club: Mannheim  
Number: 238

Course: 6.00 km  
6 km Run

Category:  
Männer M50

Total time: 31:13

Speed: 11.53 km/h  
Running performance: 5:12 min/km

Rank in course/Total: 53 (of 174)

Rank in course/Men: 42 (of 92)

Best time in course: 22:06

Rank in category: 3(of 5)

Best time in the category: 26:52