



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Vazzanino, Karl

Club: mannheim  
Number: 351

Course: 6.00 km  
6 km Run

Category:  
Männer M45

Total time: 31:49

Speed: 11.31 km/h  
Running performance: 5:18 min/km

Rank in course/Total: 62 (of 174)

Rank in course/Men: 48 (of 92)

Best time in course: 22:06

Rank in category: 12(of 23)

Best time in the category: 23:49