



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

**Kern, Markus**

Club: VFH Ilvesheim  
Number: 267

Course: 6.00 km  
6 km Run

Category:  
Männer M45

Total time: 31:52

Speed: 11.30 km/h  
Running performance: 5:19 min/km

Rank in course/Total: 63 (of 174)

Rank in course/Men: 49 (of 92)

Best time in course: 22:06

Rank in category: 13(of 23)

Best time in the category: 23:49