



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

**Keppler, Christoph**

Club: mannheim  
Number: 266

Course: 6.00 km  
6 km Run

Category:  
Männer M45

Total time: 32:20

Speed: 11.13 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 67 (of 174)

Rank in course/Men: 51 (of 92)

Best time in course: 22:06

Rank in category: 14(of 23)

Best time in the category: 23:49