



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Porath, Norbert

Club: Mannheim  
Number: 315

Course: 6.00 km  
6 km Run

Category:  
Männer M45

Total time: 32:49

Speed: 10.97 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 72 (of 174)

Rank in course/Men: 53 (of 92)

Best time in course: 22:06

Rank in category: 15(of 23)

Best time in the category: 23:49