



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Liebenow, Jürgen

Club: mannheim

Number: 278

Course: 6.00 km

6 km Run

Category:

Männer M40

Total time: 33:05

Speed: 10.88 km/h

Running performance: 5:31 min/km

Rank in course/Total: 73 (of 174)

Rank in course/Men: 54 (of 92)

Best time in course: 22:06

Rank in category: 7(of 12)

Best time in the category: 22:21