



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Tehranchian, Sasan

Club: mannheim  
Number: 347

Course: 6.00 km  
6 km Run

Category:  
Männer M45

Total time: 34:32

Speed: 10.42 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 90 (of 174)

Rank in course/Men: 61 (of 92)

Best time in course: 22:06

Rank in category: 17(of 23)

Best time in the category: 23:49