



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

**Mayer, Roland**

Club: Löwenjäger Männerballett  
Number: 294

Course: 6.00 km  
6 km Run

Category:  
Männer M45

Total time: 34:45

Speed: 10.36 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 96 (of 174)

Rank in course/Men: 64 (of 92)

Best time in course: 22:06

Rank in category: 19(of 23)

Best time in the category: 23:49