



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Fröhlich, Ralf

Club: Mannheim
Number: 500

Course: 12.00 km
12 km Run

Category:
Männer M40

Total time: 46:42

Speed: 15.42 km/h
Running performance: 3:53 min/km

Rank in course/Total: 4 (of 236)

Rank in course/Men: 4 (of 175)

Best time in course: 45:19

Rank in category: 2(of 30)

Best time in the category: 45:19