



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Krcmar, Nikolai

Club: gipfelstürmer

Number: 592

Course: 12.00 km

12 km Run

Category:

Männer M20

Total time: 47:16

Speed: 15.23 km/h

Running performance: 3:56 min/km

Rank in course/Total: 5 (of 236)

Rank in course/Men: 5 (of 175)

Best time in course: 45:19

Rank in category: 1(of 23)

Best time in the category: 47:16