



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Maniera, Roger

Club: Mannheim
Number: 288

Course: 6.00 km
6 km Run

Category:
Männer M45

Total time: 37:05

Speed: 9.71 km/h
Running performance: 6:11 min/km

Rank in course/Total: 120 (of 174)

Rank in course/Men: 75 (of 92)

Best time in course: 22:06

Rank in category: 20(of 23)

Best time in the category: 23:49