



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Gantner, Matthias

Club: Ilvesheim  
Number: 230

Course: 6.00 km  
6 km Run

Category:  
Männer M40

Total time: 38:04

Speed: 9.46 km/h  
Running performance: 6:20 min/km

Rank in course/Total: 128 (of 174)

Rank in course/Men: 78 (of 92)

Best time in course: 22:06

Rank in category: 10(of 12)

Best time in the category: 22:21