



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Ziegler, Thomas

Club: Brühl
Number: 720

Course: 12.00 km
12 km Run

Category:
Männer M45

Total time: 48:21

Speed: 14.89 km/h
Running performance: 4:02 min/km

Rank in course/Total: 7 (of 236)

Rank in course/Men: 7 (of 175)

Best time in course: 45:19

Rank in category: 2(of 32)

Best time in the category: 47:35