



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Heier, Stephan

Club: H.B.n.e.V
Number: 562

Course: 12.00 km
12 km Run

Category:
Männer M45

Total time: 49:24

Speed: 14.57 km/h
Running performance: 4:07 min/km

Rank in course/Total: 8 (of 236)

Rank in course/Men: 8 (of 175)

Best time in course: 45:19

Rank in category: 3(of 32)

Best time in the category: 47:35