



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Gansert, Udo

Club: Mannheim
Number: 553

Course: 12.00 km
12 km Run

Category:
Männer M35

Total time: 50:07

Speed: 14.37 km/h
Running performance: 4:11 min/km

Rank in course/Total: 9 (of 236)

Rank in course/Men: 9 (of 175)

Best time in course: 45:19

Rank in category: 2(of 20)

Best time in the category: 46:31