



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Schad, Andreas

Club: Just Do It / Mannheim  
Number: 652

Course: 12.00 km  
12 km Run

Category:  
Männer M40

Total time: 50:35

Speed: 14.23 km/h  
Running performance: 4:13 min/km

Rank in course/Total: 10 (of 236)

Rank in course/Men: 10 (of 175)

Best time in course: 45:19

Rank in category: 3(of 30)

Best time in the category: 45:19