



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Mesut, Demir

Club: Mannheim
Number: 386

Course: 6.00 km
6 km Run

Category:
Männer M45

Total time: 40:34

Speed: 8.87 km/h
Running performance: 6:46 min/km

Rank in course/Total: 144 (of 174)

Rank in course/Men: 82 (of 92)

Best time in course: 22:06

Rank in category: 22(of 23)

Best time in the category: 23:49