



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

**Ermarth, Enzo**

Club: Karlsternsiere  
Number: 542

Course: 12.00 km  
12 km Run

Category:  
Männer M45

Total time: 50:51

Speed: 14.16 km/h  
Running performance: 4:14 min/km

Rank in course/Total: 11 (of 236)

Rank in course/Men: 11 (of 175)

Best time in course: 45:19

Rank in category: 4(of 32)

Best time in the category: 47:35