



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Zelt, Hans

Club: LT Brühl Rohrhof  
Number: 363

Course: 6.00 km  
6 km Run

Category:  
Männer M45

Total time: 41:08

Speed: 8.75 km/h  
Running performance: 6:52 min/km

Rank in course/Total: 150 (of 174)

Rank in course/Men: 86 (of 92)

Best time in course: 22:06

Rank in category: 23(of 23)

Best time in the category: 23:49