



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Randt, Christoph

Club: LT Hemsbach
Number: 638

Course: 12.00 km
12 km Run

Category:
Männer M55

Total time: 51:31

Speed: 13.98 km/h
Running performance: 4:17 min/km

Rank in course/Total: 14 (of 236)

Rank in course/Men: 14 (of 175)

Best time in course: 45:19

Rank in category: 2(of 19)

Best time in the category: 51:14