



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Saeger, Thomas

Club: VfB Ma-Gartenstadt
Number: 648

Course: 12.00 km
12 km Run

Category:
Männer M45

Total time: 52:26

Speed: 13.73 km/h
Running performance: 4:22 min/km

Rank in course/Total: 22 (of 236)

Rank in course/Men: 19 (of 175)

Best time in course: 45:19

Rank in category: 6 (of 32)

Best time in the category: 47:35