



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Wittemann, Thomas

Club: Mannheim  
Number: 718

Course: 12.00 km  
12 km Run

Category:  
Männer M30

Total time: 52:49

Speed: 13.63 km/h  
Running performance: 4:24 min/km

Rank in course/Total: 26 (of 236)

Rank in course/Men: 23 (of 175)

Best time in course: 45:19

Rank in category: 4(of 14)

Best time in the category: 46:18