



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Ewald, Dirk

Club: Ludwigshafen

Number: 543

Course: 12.00 km

12 km Run

Category:

Männer M35

Total time: 53:03

Speed: 13.57 km/h

Running performance: 4:25 min/km

Rank in course/Total: 28 (of 236)

Rank in course/Men: 25 (of 175)

Best time in course: 45:19

Rank in category: 4(of 20)

Best time in the category: 46:31