



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Gödicke, Felix

Club: SpVgg Ilvesheim
Number: 556

Course: 12.00 km
12 km Run

Category:
Männer M20

Total time: 53:17

Speed: 13.51 km/h
Running performance: 4:26 min/km

Rank in course/Total: 30 (of 236)

Rank in course/Men: 27 (of 175)

Best time in course: 45:19

Rank in category: 5(of 23)

Best time in the category: 47:16