



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Kochendörfer, Ulrich

Club: ERPA Ladenburg
Number: 745

Course: 12.00 km
12 km Run

Category:
Männer M40

Total time: 53:18

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

Rank in course/Total: 31 (of 236)

Rank in course/Men: 28 (of 175)

Best time in course: 45:19

Rank in category: 4(of 30)

Best time in the category: 45:19