



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

**Selby, Paul**

Club: Mannheim  
Number: 675

Course: 12.00 km  
12 km Run

Category:  
Männer M40

Total time: 53:43

Speed: 13.40 km/h  
Running performance: 4:29 min/km

Rank in course/Total: 34 (of 236)

Rank in course/Men: 31 (of 175)

Best time in course: 45:19

Rank in category: 5(of 30)

Best time in the category: 45:19