



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Hellwig, Bernd

Club: TSG Eisenberg
Number: 564

Course: 12.00 km
12 km Run

Category:
Männer M45

Total time: 54:14

Speed: 13.28 km/h
Running performance: 4:31 min/km

Rank in course/Total: 37 (of 236)

Rank in course/Men: 34 (of 175)

Best time in course: 45:19

Rank in category: 9(of 32)

Best time in the category: 47:35