



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Trüby, 4013087

Club: Tasse Wirosta  
Number: 765

Course: 12.00 km  
12 km Run

Category:  
Männer M55

Total time: 54:22

Speed: 13.24 km/h  
Running performance: 4:32 min/km

Rank in course/Total: 39 (of 236)

Rank in course/Men: 36 (of 175)

Best time in course: 45:19

Rank in category: 3(of 19)

Best time in the category: 51:14