



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Wittland, Clemens

Club: Mannheim  
Number: 743

Course: 12.00 km  
12 km Run

Category:  
Männer M45

Total time: 54:33

Speed: 13.20 km/h  
Running performance: 4:33 min/km

Rank in course/Total: 43 (of 236)

Rank in course/Men: 40 (of 175)

Best time in course: 45:19

Rank in category: 10(of 32)

Best time in the category: 47:35