



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Decher, Jacob

Club: Löwenjäger Männerbalett  
Number: 216

Course: 6.00 km  
6 km Run

Category:  
Männer M40

Total time: 44:38

Speed: 8.07 km/h  
Running performance: 7:26 min/km

Rank in course/Total: 163 (of 174)

Rank in course/Men: 90 (of 92)

Best time in course: 22:06

Rank in category: 12(of 12)

Best time in the category: 22:21