



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Baswell, Bernard

Club: Quantum Leap
Number: 760

Course: 12.00 km
12 km Run

Category:
Männer M50

Total time: 54:55

Speed: 13.11 km/h
Running performance: 4:35 min/km

Rank in course/Total: 46 (of 236)

Rank in course/Men: 43 (of 175)

Best time in course: 45:19

Rank in category: 4(of 27)

Best time in the category: 52:21