



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Heidecker, Klaus

Club: TV Waldhof
Number: 392

Course: 6.00 km
6 km Run

Category:
Männer M50

Total time: 45:17

Speed: 7.95 km/h
Running performance: 7:33 min/km

Rank in course/Total: 164 (of 174)

Rank in course/Men: 91 (of 92)

Best time in course: 22:06

Rank in category: 5(of 5)

Best time in the category: 26:52