



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Geist, Andreas

Club: Mannheim  
Number: 726

Course: 12.00 km  
12 km Run

Category:  
Männer M50

Total time: 55:47

Speed: 12.91 km/h  
Running performance: 4:39 min/km

Rank in course/Total: 55 (of 236)

Rank in course/Men: 51 (of 175)

Best time in course: 45:19

Rank in category: 5(of 27)

Best time in the category: 52:21