



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Schott, Ralf

Club: LG MuLi
Number: 667

Course: 12.00 km
12 km Run

Category:
Männer M45

Total time: 56:00

Speed: 12.86 km/h
Running performance: 4:40 min/km

Rank in course/Total: 57 (of 236)

Rank in course/Men: 53 (of 175)

Best time in course: 45:19

Rank in category: 14(of 32)

Best time in the category: 47:35