



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Espinar, Rafael

Club: Quantum Leal
Number: 761

Course: 12.00 km
12 km Run

Category:
Männer M50

Total time: 56:42

Speed: 12.70 km/h
Running performance: 4:43 min/km

Rank in course/Total: 61 (of 236)

Rank in course/Men: 57 (of 175)

Best time in course: 45:19

Rank in category: 7(of 27)

Best time in the category: 52:21