



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Asbach, Sascha

Club: Mannheim
Number: 503

Course: 12.00 km
12 km Run

Category:
Männer M20

Total time: 55:36

Speed: 12.95 km/h
Running performance: 4:38 min/km

Rank in course/Total: 52 (of 236)

Rank in course/Men: 49 (of 175)

Best time in course: 45:19

Rank in category: 8(of 23)

Best time in the category: 47:16