



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Loch, Roland

Club: Mannheim
Number: 601

Course: 12.00 km
12 km Run

Category:
Männer M35

Total time: 57:43

Speed: 12.47 km/h
Running performance: 4:49 min/km

Rank in course/Total: 67 (of 236)

Rank in course/Men: 63 (of 175)

Best time in course: 45:19

Rank in category: 9(of 20)

Best time in the category: 46:31