



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Dilg, Volker

Club: TuS Göllheim
Number: 529

Course: 12.00 km
12 km Run

Category:
Männer M40

Total time: 57:49

Speed: 12.45 km/h
Running performance: 4:49 min/km

Rank in course/Total: 69 (of 236)

Rank in course/Men: 65 (of 175)

Best time in course: 45:19

Rank in category: 12(of 30)

Best time in the category: 45:19