



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Stephens, Mario

Club: Mannheim

Number: 685

Course: 12.00 km

12 km Run

Category:

Männer M30

Total time: 58:27

Speed: 12.32 km/h

Running performance: 4:52 min/km

Rank in course/Total: 78 (of 236)

Rank in course/Men: 74 (of 175)

Best time in course: 45:19

Rank in category: 7(of 14)

Best time in the category: 46:18