



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

**Sparrn, Harald**

Club: SV Seckenheim 98/07  
Number: 679

Course: 12.00 km  
12 km Run

Category:  
Männer M40

Total time: 58:48

Speed: 12.24 km/h  
Running performance: 4:54 min/km

Rank in course/Total: 79 (of 236)

Rank in course/Men: 75 (of 175)

Best time in course: 45:19

Rank in category: 14(of 30)

Best time in the category: 45:19