



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Hasan, Somus

Club: Mannheim
Number: 753

Course: 12.00 km
12 km Run

Category:
Männer M40

Total time: 59:08

Speed: 12.18 km/h
Running performance: 4:56 min/km

Rank in course/Total: 83 (of 236)

Rank in course/Men: 78 (of 175)

Best time in course: 45:19

Rank in category: 15(of 30)

Best time in the category: 45:19