



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Hof, Thorsten

Club: TSV Sandhofen
Number: 572

Course: 12.00 km
12 km Run

Category:
Männer M40

Total time: 59:16

Speed: 12.15 km/h
Running performance: 4:56 min/km

Rank in course/Total: 85 (of 236)

Rank in course/Men: 80 (of 175)

Best time in course: 45:19

Rank in category: 16(of 30)

Best time in the category: 45:19