



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Spiesberger, Chris

Club: LT Brühl Rohrhof
Number: 680

Course: 12.00 km
12 km Run

Category:
Männer M45

Total time: 59:20

Speed: 12.13 km/h
Running performance: 4:56 min/km

Rank in course/Total: 87 (of 236)

Rank in course/Men: 82 (of 175)

Best time in course: 45:19

Rank in category: 18(of 32)

Best time in the category: 47:35