



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Safferling, Stefan

Club: Mannheim  
Number: 649

Course: 12.00 km  
12 km Run

Category:  
Männer M30

Total time: 59:41

Speed: 12.06 km/h  
Running performance: 4:58 min/km

Rank in course/Total: 94 (of 236)

Rank in course/Men: 87 (of 175)

Best time in course: 45:19

Rank in category: 8(of 14)

Best time in the category: 46:18