



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Hespeler, Asmin

Club: Mannheim
Number: 737

Course: 12.00 km
12 km Run

Category:
Männer M45

Total time: 59:55

Speed: 12.02 km/h
Running performance: 4:59 min/km

Rank in course/Total: 95 (of 236)

Rank in course/Men: 88 (of 175)

Best time in course: 45:19

Rank in category: 19(of 32)

Best time in the category: 47:35