



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Brodde, Alexander

Club: Mannheim
Number: 522

Course: 12.00 km
12 km Run

Category:
Männer M30

Total time: 1:00:18

Speed: 11.94 km/h
Running performance: 5:02 min/km

Rank in course/Total: 100 (of 236)

Rank in course/Men: 92 (of 175)

Best time in course: 45:19

Rank in category: 9(of 14)

Best time in the category: 46:18