



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Teufel, Rainer

Club: Mannheim  
Number: 691

Course: 12.00 km  
12 km Run

Category:  
Männer M55

Total time: 1:00:22

Speed: 11.93 km/h  
Running performance: 5:02 min/km

Rank in course/Total: 102 (of 236)

Rank in course/Men: 94 (of 175)

Best time in course: 45:19

Rank in category: 10(of 19)

Best time in the category: 51:14