



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Kapp, Hans-Dieter

Club: Mannheim
Number: 584

Course: 12.00 km
12 km Run

Category:
Männer M45

Total time: 1:01:35

Speed: 11.69 km/h
Running performance: 5:08 min/km

Rank in course/Total: 111 (of 236)

Rank in course/Men: 98 (of 175)

Best time in course: 45:19

Rank in category: 20(of 32)

Best time in the category: 47:35