



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Simons, Kai

Club: Aachen

Number: 677

Course: 12.00 km

12 km Run

Category:

Männer M20

Total time: 1:01:54

Speed: 11.63 km/h

Running performance: 5:10 min/km

Rank in course/Total: 113 (of 236)

Rank in course/Men: 99 (of 175)

Best time in course: 45:19

Rank in category: 13(of 23)

Best time in the category: 47:16