



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

List, Thomas

Club: Besser Leben  
Number: 600

Course: 12.00 km  
12 km Run

Category:  
Männer M50

Total time: 1:02:52

Speed: 11.45 km/h  
Running performance: 5:14 min/km

Rank in course/Total: 118 (of 236)

Rank in course/Men: 103 (of 175)

Best time in course: 45:19

Rank in category: 12(of 27)

Best time in the category: 52:21