



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Ritschel, Jörg

Club: Ludwigshafen

Number: 645

Course: 12.00 km

12 km Run

Category:

Männer M45

Total time: 1:03:05

Speed: 11.41 km/h

Running performance: 5:16 min/km

Rank in course/Total: 121 (of 236)

Rank in course/Men: 105 (of 175)

Best time in course: 45:19

Rank in category: 22(of 32)

Best time in the category: 47:35