



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Strachotta, Thomas

Club: Feuerwehr Mannheim
Number: 687

Course: 12.00 km
12 km Run

Category:
Männer M30

Total time: 1:03:11

Speed: 11.40 km/h
Running performance: 5:16 min/km

Rank in course/Total: 123 (of 236)

Rank in course/Men: 107 (of 175)

Best time in course: 45:19

Rank in category: 10(of 14)

Best time in the category: 46:18