



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Deuster, Roman

Club: Mannheim  
Number: 528

Course: 12.00 km  
12 km Run

Category:  
Männer M40

Total time: 1:04:14

Speed: 11.21 km/h  
Running performance: 5:21 min/km

Rank in course/Total: 131 (of 236)

Rank in course/Men: 114 (of 175)

Best time in course: 45:19

Rank in category: 23(of 30)

Best time in the category: 45:19