



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Muth, Uwe

Club: Mannheim
Number: 622

Course: 12.00 km
12 km Run

Category:
Männer M45

Total time: 1:04:30

Speed: 11.16 km/h
Running performance: 5:23 min/km

Rank in course/Total: 134 (of 236)

Rank in course/Men: 117 (of 175)

Best time in course: 45:19

Rank in category: 23(of 32)

Best time in the category: 47:35