



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Efferl, Andreas

Club: MTG Mannheim Triathlon
Number: 537

Course: 12.00 km
12 km Run

Category:
Männer M35

Total time: 1:05:18

Speed: 11.03 km/h
Running performance: 5:26 min/km

Rank in course/Total: 144 (of 236)

Rank in course/Men: 124 (of 175)

Best time in course: 45:19

Rank in category: 15(of 20)

Best time in the category: 46:31