



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Gruber, Thomas K.

Club: VZ Lauffreß
Number: 560

Course: 12.00 km
12 km Run

Category:
Männer M40

Total time: 1:05:25

Speed: 11.01 km/h
Running performance: 5:27 min/km

Rank in course/Total: 149 (of 236)

Rank in course/Men: 128 (of 175)

Best time in course: 45:19

Rank in category: 25(of 30)

Best time in the category: 45:19