



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Hirsch, Andreas

Club: Mannheim
Number: 754

Course: 12.00 km
12 km Run

Category:
Männer M30

Total time: 1:06:19

Speed: 10.86 km/h
Running performance: 5:32 min/km

Rank in course/Total: 157 (of 236)

Rank in course/Men: 130 (of 175)

Best time in course: 45:19

Rank in category: 12(of 14)

Best time in the category: 46:18