



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Biegel, Ralf

Club: DJK Feudenheim
Number: 509

Course: 12.00 km
12 km Run

Category:
Männer M50

Total time: 1:06:37

Speed: 10.81 km/h
Running performance: 5:33 min/km

Rank in course/Total: 158 (of 236)

Rank in course/Men: 131 (of 175)

Best time in course: 45:19

Rank in category: 19(of 27)

Best time in the category: 52:21