



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Schlichting, Norbert

Club: Heddesheim  
Number: 657

Course: 12.00 km  
12 km Run

Category:  
Männer M55

Total time: 1:07:01

Speed: 10.74 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 160 (of 236)

Rank in course/Men: 133 (of 175)

Best time in course: 45:19

Rank in category: 13(of 19)

Best time in the category: 51:14