



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Zeck, Christoph

Club: Mannheim
Number: 727

Course: 12.00 km
12 km Run

Category:
Männer M30

Total time: 1:07:23

Speed: 10.69 km/h
Running performance: 5:37 min/km

Rank in course/Total: 166 (of 236)

Rank in course/Men: 136 (of 175)

Best time in course: 45:19

Rank in category: 13(of 14)

Best time in the category: 46:18