



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Sebert, Thomas

Club: mannheim  
Number: 749

Course: 12.00 km  
12 km Run

Category:  
Männer M50

Total time: 1:07:26

Speed: 10.68 km/h  
Running performance: 5:37 min/km

Rank in course/Total: 167 (of 236)

Rank in course/Men: 137 (of 175)

Best time in course: 45:19

Rank in category: 21(of 27)

Best time in the category: 52:21