



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Prokein, Otmar

Club: Mannheim  
Number: 634

Course: 12.00 km  
12 km Run

Category:  
Männer M50

Total time: 1:08:41

Speed: 10.48 km/h  
Running performance: 5:43 min/km

Rank in course/Total: 180 (of 236)

Rank in course/Men: 142 (of 175)

Best time in course: 45:19

Rank in category: 23(of 27)

Best time in the category: 52:21