



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Knosalla, Michael

Club: Mannheim
Number: 590

Course: 12.00 km
12 km Run

Category:
Männer M50

Total time: 1:08:50

Speed: 10.46 km/h
Running performance: 5:44 min/km

Rank in course/Total: 182 (of 236)

Rank in course/Men: 143 (of 175)

Best time in course: 45:19

Rank in category: 24(of 27)

Best time in the category: 52:21