



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Kraus, Bernd

Club: Mannheim
Number: 591

Course: 12.00 km
12 km Run

Category:
Männer M35

Total time: 1:08:58

Speed: 10.44 km/h
Running performance: 5:45 min/km

Rank in course/Total: 183 (of 236)

Rank in course/Men: 144 (of 175)

Best time in course: 45:19

Rank in category: 18(of 20)

Best time in the category: 46:31