



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Gabel, Marco

Club: Plankstadt  
Number: 550

Course: 12.00 km  
12 km Run

Category:  
Männer M20

Total time: 1:09:15

Speed: 10.40 km/h  
Running performance: 5:46 min/km

Rank in course/Total: 186 (of 236)

Rank in course/Men: 147 (of 175)

Best time in course: 45:19

Rank in category: 18(of 23)

Best time in the category: 47:16