



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Strobel, Jörg

Club: Heddesheim

Number: 689

Course: 12.00 km

12 km Run

Category:

Männer M45

Total time: 1:10:36

Speed: 10.20 km/h

Running performance: 5:53 min/km

Rank in course/Total: 192 (of 236)

Rank in course/Men: 151 (of 175)

Best time in course: 45:19

Rank in category: 26(of 32)

Best time in the category: 47:35