



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Tschentscher, Norbert

Club: Mannheim

Number: 700

Course: 12.00 km

12 km Run

Category:

Männer M55

Total time: 1:10:51

Speed: 10.16 km/h

Running performance: 5:54 min/km

Rank in course/Total: 193 (of 236)

Rank in course/Men: 152 (of 175)

Best time in course: 45:19

Rank in category: 16(of 19)

Best time in the category: 51:14