



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Zeiß, Manfred

Club: Ski-Club Heddesheim
Number: 719

Course: 12.00 km
12 km Run

Category:
Männer M55

Total time: 1:11:18

Speed: 10.10 km/h
Running performance: 5:56 min/km

Rank in course/Total: 199 (of 236)

Rank in course/Men: 156 (of 175)

Best time in course: 45:19

Rank in category: 18(of 19)

Best time in the category: 51:14