



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

**Spoor, Uwe**

Club: LG MuLi  
Number: 681

Course: 12.00 km  
12 km Run

Category:  
Männer M45

Total time: 1:14:07

Speed: 9.71 km/h  
Running performance: 6:11 min/km

Rank in course/Total: 209 (of 236)

Rank in course/Men: 162 (of 175)

Best time in course: 45:19

Rank in category: 29(of 32)

Best time in the category: 47:35