



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Schliemann, Rainer

Club: Hamma die Hälf?
Number: 658

Course: 12.00 km
12 km Run

Category:
Männer M40

Total time: 1:15:15

Speed: 9.57 km/h
Running performance: 6:16 min/km

Rank in course/Total: 214 (of 236)

Rank in course/Men: 164 (of 175)

Best time in course: 45:19

Rank in category: 30(of 30)

Best time in the category: 45:19