



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Kern, Conny

Club: FENS-Mannheim e.V.  
Number: 586

Course: 12.00 km  
12 km Run

Category:  
Frauen W45

Total time: 1:15:30

Speed: 9.54 km/h  
Running performance: 6:17 min/km

Rank in course/Total: 215 (of 236)

Rank in course/Women: 51 (of 61)

Best time in course: 52:06

Rank in category: 9(of 11)

Best time in the category: 55:40