



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Schneider, Manfred

Club: Laktat
Number: 662

Course: 12.00 km
12 km Run

Category:
Männer M55

Total time: 1:16:35

Speed: 9.40 km/h
Running performance: 6:23 min/km

Rank in course/Total: 218 (of 236)

Rank in course/Men: 166 (of 175)

Best time in course: 45:19

Rank in category: 19(of 19)

Best time in the category: 51:14