



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Schnell, Thomas

Club: Laktat  
Number: 663

Course: 12.00 km  
12 km Run

Category:  
Männer M45

Total time: 1:16:36

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

Rank in course/Total: 219 (of 236)

Rank in course/Men: 167 (of 175)

Best time in course: 45:19

Rank in category: 30(of 32)

Best time in the category: 47:35