



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Rebel, Thomas

Club: Mannheim
Number: 640

Course: 12.00 km
12 km Run

Category:
Männer M45

Total time: 1:18:01

Speed: 9.23 km/h
Running performance: 6:30 min/km

Rank in course/Total: 220 (of 236)

Rank in course/Men: 168 (of 175)

Best time in course: 45:19

Rank in category: 31(of 32)

Best time in the category: 47:35