



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Steier, Lothar

Club: Mannheim  
Number: 602

Course: 12.00 km  
12 km Run

Category:  
Männer M50

Total time: 1:18:25

Speed: 9.18 km/h  
Running performance: 6:32 min/km

Rank in course/Total: 223 (of 236)

Rank in course/Men: 170 (of 175)

Best time in course: 45:19

Rank in category: 27(of 27)

Best time in the category: 52:21