



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Tittebrandt, Thomas

Club: Mannheim  
Number: 697

Course: 12.00 km  
12 km Run

Category:  
Männer M20

Total time: 1:18:33

Speed: 9.17 km/h  
Running performance: 6:33 min/km

Rank in course/Total: 224 (of 236)

Rank in course/Men: 171 (of 175)

Best time in course: 45:19

Rank in category: 21(of 23)

Best time in the category: 47:16