



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Mainzer, Michael

Club: Team MiAnOli
Number: 283

Course: 6.00 km
6 km Run

Category:
Männer M45

Total time: 24:59

Speed: 14.41 km/h
Running performance: 4:10 min/km

Rank in course/Total: 14 (of 174)

Rank in course/Men: 14 (of 92)

Best time in course: 22:06

Rank in category: 5(of 23)

Best time in the category: 23:49