



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Helm, Oliver

Club: Team MiAnOli
Number: 244

Course: 6.00 km
6 km Run

Category:
Männer M40

Total time: 25:00

Speed: 14.40 km/h
Running performance: 4:10 min/km

Rank in course/Total: 15 (of 174)

Rank in course/Men: 15 (of 92)

Best time in course: 22:06

Rank in category: 3(of 12)

Best time in the category: 22:21