



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Sellmann, Steven

Club: MTG Mannheim Triathlon
Number: 377

Course: 6.00 km
6 km Run

Category:
Männer M30

Total time: 25:07

Speed: 14.33 km/h
Running performance: 4:11 min/km

Rank in course/Total: 17 (of 174)

Rank in course/Men: 17 (of 92)

Best time in course: 22:06

Rank in category: 1(of 5)

Best time in the category: 25:07