



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Czaja, Sebastian

Club: Mannheim  
Number: 736

Course: 12.00 km  
12 km Run

Category:  
Männer M20

Total time: 53:05

Speed: 13.56 km/h  
Running performance: 4:25 min/km

Rank in course/Total: 29 (of 236)

Rank in course/Men: 26 (of 175)

Best time in course: 45:19

Rank in category: 4(of 23)

Best time in the category: 47:16