



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Rabinstein, Juri

Club: Mannheim  
Number: 637

Course: 12.00 km  
12 km Run

Category:  
Männer M20

Total time: 53:49

Speed: 13.38 km/h  
Running performance: 4:29 min/km

Rank in course/Total: 35 (of 236)

Rank in course/Men: 32 (of 175)

Best time in course: 45:19

Rank in category: 7(of 23)

Best time in the category: 47:16