



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Hellwig, Jan

Club: TSG Eisenberg
Number: 565

Course: 12.00 km
12 km Run

Category:
männliche Jugend A

Total time: 56:52

Speed: 12.66 km/h
Running performance: 4:44 min/km

Rank in course/Total: 62 (of 236)

Rank in course/Men: 58 (of 175)

Best time in course: 45:19

Rank in category: 1(of 1)

Best time in the category: 56:52