



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Jurewicz, Jan

Club: westhowen  
Number: 583

Course: 12.00 km  
12 km Run

Category:  
Männer M55

Total time: 1:00:03

Speed: 11.99 km/h  
Running performance: 5:00 min/km

Rank in course/Total: 98 (of 236)

Rank in course/Men: 91 (of 175)

Best time in course: 45:19

Rank in category: 9(of 19)

Best time in the category: 51:14