



5. Grüner Karlsternlauf
Mannheim / 13.06.2010

Detailed evaluation

Kurrat, Jürgen

Club: Mannheim

Number: 369

Course: 6.00 km

6 km Run

Category:

Männer M45

Total time: 29:31

Speed: 12.20 km/h

Running performance: 4:55 min/km

Rank in course/Total: 37 (of 174)

Rank in course/Men: 32 (of 92)

Best time in course: 22:06

Rank in category: 7(of 23)

Best time in the category: 23:49