



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

Schmitt, Frank

Club: JPHH

Number: 648

Course: 6.00 km

6 km Run

Category:

Senioren M40 (40-44 Jahre)

Total time: 25:08

Speed: 14.32 km/h

Running performance: 4:11 min/km

Rank in course/Total: 10 (of 204)

Rank in course/Men: 9 (of 112)

Best time in course: 21:52

Rank in category: 2(of 12)

Best time in the category: 23:50