



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

English, Marcus

Club: Chicken Express  
Number: 529

Course: 6.00 km  
6 km Run

Category:  
Senioren M45 (45-49 Jahre)

Total time: 25:27

Speed: 14.15 km/h  
Running performance: 4:14 min/km

Rank in course/Total: 12 (of 204)

Rank in course/Men: 11 (of 112)

Best time in course: 21:52

Rank in category: 1(of 15)

Best time in the category: 25:27