



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Samaly, Arian

Club: Mannheim
Number: 637

Course: 6.00 km
6 km Run

Category:
Senioren M35 (35-39 Jahre)

Total time: 28:27

Speed: 12.65 km/h
Running performance: 4:44 min/km

Rank in course/Total: 28 (of 204)

Rank in course/Men: 25 (of 112)

Best time in course: 21:52

Rank in category: 3(of 11)

Best time in the category: 25:17