



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Kirchhöfer, Matthias**

Club: Mannheim  
Number: 576

Course: 6.00 km  
6 km Run

Category:  
Senioren M35 (35-39 Jahre)

Total time: 29:27

Speed: 12.22 km/h  
Running performance: 4:55 min/km

Rank in course/Total: 39 (of 204)

Rank in course/Men: 34 (of 112)

Best time in course: 21:52

Rank in category: 5(of 11)

Best time in the category: 25:17