



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Riesbeck, Stefan**

Club: Mannheim  
Number: 625

Course: 6.00 km  
6 km Run

Category:  
Senioren M45 (45-49 Jahre)

Total time: 30:13

Speed: 11.91 km/h  
Running performance: 5:02 min/km

Rank in course/Total: 46 (of 204)

Rank in course/Men: 40 (of 112)

Best time in course: 21:52

Rank in category: 3(of 15)

Best time in the category: 25:27