



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Sendler, Ralph

Club: Mannheim
Number: 654

Course: 6.00 km
6 km Run

Category:
Senioren M50 (50-54 Jahre)

Total time: 30:16

Speed: 11.89 km/h
Running performance: 5:02 min/km

Rank in course/Total: 47 (of 204)

Rank in course/Men: 41 (of 112)

Best time in course: 21:52

Rank in category: 4(of 12)

Best time in the category: 25:52