



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Kissel, Frieder**

Club: Ludwigshafen  
Number: 577

Course: 6.00 km  
6 km Run

Category:  
Senioren M30 (30-34 Jahre)

Total time: 31:05

Speed: 11.58 km/h  
Running performance: 5:11 min/km

Rank in course/Total: 54 (of 204)

Rank in course/Men: 43 (of 112)

Best time in course: 21:52

Rank in category: 4(of 9)

Best time in the category: 24:23