



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Herold, Matthias**

Club: Mannheim  
Number: 553

Course: 6.00 km  
6 km Run

Category:  
männliche Jugend U16 (14-15 Jahre)

Total time: 31:15

Speed: 11.52 km/h  
Running performance: 5:13 min/km

Rank in course/Total: 55 (of 204)

Rank in course/Men: 44 (of 112)

Best time in course: 21:52

Rank in category: 3(of 7)

Best time in the category: 25:03