



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Scheidel, Philipp**

Club: Mannheim  
Number: 638

Course: 6.00 km  
6 km Run

Category:  
Senioren M30 (30-34 Jahre)

Total time: 31:23

Speed: 11.47 km/h  
Running performance: 5:14 min/km

Rank in course/Total: 56 (of 204)

Rank in course/Men: 45 (of 112)

Best time in course: 21:52

Rank in category: 5(of 9)

Best time in the category: 24:23