



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Seitz, Alexander

Club: Textilpflege Bachert
Number: 652

Course: 6.00 km
6 km Run

Category:
Senioren M45 (45-49 Jahre)

Total time: 31:30

Speed: 11.43 km/h
Running performance: 5:15 min/km

Rank in course/Total: 57 (of 204)

Rank in course/Men: 46 (of 112)

Best time in course: 21:52

Rank in category: 4(of 15)

Best time in the category: 25:27