



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Flößer, Michael**

Club: Hirschberg  
Number: 537

Course: 6.00 km  
6 km Run

Category:  
Senioren M40 (40-44 Jahre)

Total time: 31:36

Speed: 11.39 km/h  
Running performance: 5:16 min/km

Rank in course/Total: 59 (of 204)

Rank in course/Men: 47 (of 112)

Best time in course: 21:52

Rank in category: 5(of 12)

Best time in the category: 23:50