



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Holdenbein, Sebastian**

Club: Frankfurt am Main  
Number: 559

Course: 6.00 km  
6 km Run

Category:  
Senioren M30 (30-34 Jahre)

Total time: 31:55

Speed: 11.28 km/h  
Running performance: 5:19 min/km

Rank in course/Total: 66 (of 204)

Rank in course/Men: 54 (of 112)

Best time in course: 21:52

Rank in category: 6(of 9)

Best time in the category: 24:23