



7. Karlsternlauf  
Mannheim / 16.06.2013

Detailed evaluation

Holdenbein, Christian

Club: Mannheim  
Number: 558

Course: 6.00 km  
6 km Run

Category:  
Senioren M35 (35-39 Jahre)

Total time: 32:10

Speed: 11.19 km/h  
Running performance: 5:22 min/km

Rank in course/Total: 68 (of 204)

Rank in course/Men: 56 (of 112)

Best time in course: 21:52

Rank in category: 8(of 11)

Best time in the category: 25:17