



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Zuspann, Andreas

Club: Lampertheim
Number: 702

Course: 6.00 km
6 km Run

Category:
Senioren M40 (40-44 Jahre)

Total time: 32:29

Speed: 11.08 km/h
Running performance: 5:25 min/km

Rank in course/Total: 71 (of 204)

Rank in course/Men: 59 (of 112)

Best time in course: 21:52

Rank in category: 8(of 12)

Best time in the category: 23:50