



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

Krüger, Torsten

Club: Lampertheim  
Number: 585

Course: 6.00 km  
6 km Run

Category:  
Senioren M45 (45-49 Jahre)

Total time: 33:04

Speed: 10.89 km/h  
Running performance: 5:31 min/km

Rank in course/Total: 79 (of 204)

Rank in course/Men: 65 (of 112)

Best time in course: 21:52

Rank in category: 7(of 15)

Best time in the category: 25:27