



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

van Haaren, Michael

Club: Kocher Lauftreff  
Number: 679

Course: 6.00 km  
6 km Run

Category:  
Senioren M30 (30-34 Jahre)

Total time: 33:36

Speed: 10.71 km/h  
Running performance: 5:36 min/km

Rank in course/Total: 87 (of 204)

Rank in course/Men: 70 (of 112)

Best time in course: 21:52

Rank in category: 7(of 9)

Best time in the category: 24:23