



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Martin, Robert**

Club: For me!  
Number: 596

Course: 6.00 km  
6 km Run

Category:  
Senioren M45 (45-49 Jahre)

Total time: 34:02

Speed: 10.58 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 93 (of 204)

Rank in course/Men: 72 (of 112)

Best time in course: 21:52

Rank in category: 8(of 15)

Best time in the category: 25:27