



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Schlichting, Norbert

Club: Heddesheim
Number: 643

Course: 6.00 km
6 km Run

Category:
Senioren M55 (55-59 Jahre)

Total time: 34:25

Speed: 10.46 km/h
Running performance: 5:44 min/km

Rank in course/Total: 96 (of 204)

Rank in course/Men: 73 (of 112)

Best time in course: 21:52

Rank in category: 6(of 10)

Best time in the category: 25:31