



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

steinleitner, ralf

Club: mannheim
Number: 665

Course: 6.00 km
6 km Run

Category:
Senioren M50 (50-54 Jahre)

Total time: 35:18

Speed: 10.20 km/h
Running performance: 5:53 min/km

Rank in course/Total: 105 (of 204)

Rank in course/Men: 77 (of 112)

Best time in course: 21:52

Rank in category: 7(of 12)

Best time in the category: 25:52