



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Rehmer, Heiko

Club: JPHH
Number: 621

Course: 6.00 km
6 km Run

Category:
männliche Jugend U16 (14-15 Jahre)

Total time: 35:41

Speed: 10.09 km/h
Running performance: 5:57 min/km

Rank in course/Total: 111 (of 204)

Rank in course/Men: 80 (of 112)

Best time in course: 21:52

Rank in category: 5(of 7)

Best time in the category: 25:03