



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

riegger, norbert

Club: Team RNV
Number: 624

Course: 6.00 km
6 km Run

Category:
Senioren M45 (45-49 Jahre)

Total time: 35:49

Speed: 10.05 km/h
Running performance: 5:58 min/km

Rank in course/Total: 112 (of 204)

Rank in course/Men: 81 (of 112)

Best time in course: 21:52

Rank in category: 11(of 15)

Best time in the category: 25:27