



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

Knapp, Erhard Karl

Club: just do it  
Number: 581

Course: 6.00 km  
6 km Run

Category:  
Senioren M60 (60-64 Jahre)

Total time: 35:52

Speed: 10.04 km/h  
Running performance: 5:59 min/km

Rank in course/Total: 113 (of 204)

Rank in course/Men: 82 (of 112)

Best time in course: 21:52

Rank in category: 3(of 6)

Best time in the category: 31:52