



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

palkowski, dieter

Club: mannheim  
Number: 611

Course: 6.00 km  
6 km Run

Category:  
Senioren M50 (50-54 Jahre)

Total time: 36:08

Speed: 9.96 km/h  
Running performance: 6:01 min/km

Rank in course/Total: 116 (of 204)

Rank in course/Men: 83 (of 112)

Best time in course: 21:52

Rank in category: 9(of 12)

Best time in the category: 25:52