



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

trautmann, rolf

Club: vdh rohrhof
Number: 676

Course: 6.00 km
6 km Run

Category:
Senioren M65 (65-69 Jahre)

Total time: 36:41

Speed: 9.81 km/h
Running performance: 6:07 min/km

Rank in course/Total: 128 (of 204)

Rank in course/Men: 90 (of 112)

Best time in course: 21:52

Rank in category: 2(of 3)

Best time in the category: 31:46