



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

Schmiedel, Christian

Club: MTG Mannheim Triathlon  
Number: 1135

Course: 12.00 km  
12 km Run

Category:  
Senioren M30 (30-34 Jahre)

Total time: 46:46

Speed: 15.40 km/h  
Running performance: 3:54 min/km

Rank in course/Total: 2 (of 169)

Rank in course/Men: 2 (of 131)

Best time in course: 45:20

Rank in category: 2(of 23)

Best time in the category: 45:20