



7. Karlsternlauf  
Mannheim / 16.06.2013

Detailed evaluation

**Mayer, Roland**

Club: Mannheim  
Number: 598

Course: 6.00 km  
6 km Run

Category:  
Senioren M45 (45-49 Jahre)

Total time: 37:30

Speed: 9.60 km/h  
Running performance: 6:15 min/km

Rank in course/Total: 135 (of 204)

Rank in course/Men: 91 (of 112)

Best time in course: 21:52

Rank in category: 13(of 15)

Best time in the category: 25:27