



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Groh, Michael**

Club: Mannheim  
Number: 735

Course: 6.00 km  
6 km Run

Category:  
Senioren M40 (40-44 Jahre)

Total time: 37:31

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

Rank in course/Total: 136 (of 204)

Rank in course/Men: 92 (of 112)

Best time in course: 21:52

Rank in category: 11(of 12)

Best time in the category: 23:50