



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Hönig, Martin

Club: Viernheim
Number: 734

Course: 6.00 km
6 km Run

Category:
Senioren M45 (45-49 Jahre)

Total time: 38:23

Speed: 9.38 km/h
Running performance: 6:24 min/km

Rank in course/Total: 144 (of 204)

Rank in course/Men: 95 (of 112)

Best time in course: 21:52

Rank in category: 14(of 15)

Best time in the category: 25:27