



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Kostrzewa, Michael**

Club: LSV Ladenburg Triathlon  
Number: 1075

Course: 12.00 km  
12 km Run

Category:  
Senioren M30 (30-34 Jahre)

Total time: 48:44

Speed: 14.77 km/h  
Running performance: 4:04 min/km

Rank in course/Total: 5 (of 169)

Rank in course/Men: 5 (of 131)

Best time in course: 45:20

Rank in category: 3(of 23)

Best time in the category: 45:20