



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Kostrzewa, Michael

Club: LSV Ladenburg Triathlon
Number: 1075

Enduro Long Men

Category:

Senioren M30 (30-34 Jahre)

Total time: 48:44

Speed: - 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