



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Hamblin, Mike

Club: CBESSC
Number: 1050

Course: 12.00 km
12 km Run

Category:
Senioren M40 (40-44 Jahre)

Total time: 48:47

Speed: 14.76 km/h
Running performance: 4:04 min/km

Rank in course/Total: 6 (of 169)

Rank in course/Men: 6 (of 131)

Best time in course: 45:20

Rank in category: 1(of 17)

Best time in the category: 48:47