



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Johnson, James

Club: Mannheim
Number: 570

Course: 6.00 km
6 km Run

Category:
Senioren M40 (40-44 Jahre)

Total time: 39:30

Speed: 9.11 km/h
Running performance: 6:35 min/km

Rank in course/Total: 161 (of 204)

Rank in course/Men: 98 (of 112)

Best time in course: 21:52

Rank in category: 12(of 12)

Best time in the category: 23:50