



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Bernau, Daniel**

Club: Mannheim  
Number: 1011

Course: 12.00 km  
12 km Run

Category:  
Männer (20-29 Jahre)

Total time: 50:28

Speed: 14.27 km/h  
Running performance: 4:13 min/km

Rank in course/Total: 9 (of 169)

Rank in course/Men: 9 (of 131)

Best time in course: 45:20

Rank in category: 3(of 16)

Best time in the category: 48:33