



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

Richter, Dirk

Club: 1. FC Köln  
Number: 1186

Course: 12.00 km  
12 km Run

Category:  
Senioren M40 (40-44 Jahre)

Total time: 50:44

Speed: 14.19 km/h  
Running performance: 4:14 min/km

Rank in course/Total: 10 (of 169)

Rank in course/Men: 10 (of 131)

Best time in course: 45:20

Rank in category: 2(of 17)

Best time in the category: 48:47