



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Haack, Frank

Club: Mannheim
Number: 1188

Course: 12.00 km
12 km Run

Category:
Senioren M45 (45-49 Jahre)

Total time: 50:45

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

Rank in course/Total: 11 (of 169)

Rank in course/Men: 11 (of 131)

Best time in course: 45:20

Rank in category: 1(of 25)

Best time in the category: 50:45