



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Seufert, Idris**

Club: JPHH

Number: 655

Course: 6.00 km

6 km Run

Category:

männliche Jugend U16 (14-15 Jahre)

Total time: 41:40

Speed: 8.64 km/h

Running performance: 6:56 min/km

Rank in course/Total: 184 (of 204)

Rank in course/Men: 105 (of 112)

Best time in course: 21:52

Rank in category: 7(of 7)

Best time in the category: 25:03