



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Maniera, Roger**

Club: Mannheim  
Number: 595

Course: 6.00 km  
6 km Run

Category:  
Senioren M45 (45-49 Jahre)

Total time: 42:03

Speed: 8.56 km/h  
Running performance: 7:01 min/km

Rank in course/Total: 185 (of 204)

Rank in course/Men: 106 (of 112)

Best time in course: 21:52

Rank in category: 15(of 15)

Best time in the category: 25:27