



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Albat, Frank**

Club: MTG Mannheim Triathlon  
Number: 1001

Course: 12.00 km  
12 km Run

Category:  
Senioren M50 (50-54 Jahre)

Total time: 52:31

Speed: 13.71 km/h  
Running performance: 4:23 min/km

Rank in course/Total: 19 (of 169)

Rank in course/Men: 19 (of 131)

Best time in course: 45:20

Rank in category: 3(of 13)

Best time in the category: 48:36