



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

Uden, Matthias

Club: Heidelberg  
Number: 1166

Course: 12.00 km  
12 km Run

Category:  
Männer (20-29 Jahre)

Total time: 52:34

Speed: 13.70 km/h  
Running performance: 4:23 min/km

Rank in course/Total: 20 (of 169)

Rank in course/Men: 20 (of 131)

Best time in course: 45:20

Rank in category: 5(of 16)

Best time in the category: 48:33