



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Brinkmann, Frank

Club: Bensheim

Number: 1015

Course: 12.00 km

12 km Run

Category:

Senioren M45 (45-49 Jahre)

Total time: 52:58

Speed: 13.59 km/h

Running performance: 4:25 min/km

Rank in course/Total: 23 (of 169)

Rank in course/Men: 23 (of 131)

Best time in course: 45:20

Rank in category: 5(of 25)

Best time in the category: 50:45