



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

de Jong, Peter

Club: TV Rheinau 1893
Number: 1024

Course: 12.00 km
12 km Run

Category:
Senioren M65 (65-69 Jahre)

Total time: 53:48

Speed: 13.38 km/h
Running performance: 4:29 min/km

Rank in course/Total: 26 (of 169)

Rank in course/Men: 25 (of 131)

Best time in course: 45:20

Rank in category: 1(of 2)

Best time in the category: 53:48