



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Schilling, Matthias

Club: Locomotive Neckarau
Number: 1129

Course: 12.00 km
12 km Run

Category:
Senioren M55 (55-59 Jahre)

Total time: 54:13

Speed: 13.28 km/h
Running performance: 4:31 min/km

Rank in course/Total: 30 (of 169)

Rank in course/Men: 29 (of 131)

Best time in course: 45:20

Rank in category: 1(of 12)

Best time in the category: 54:13