



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

Juengling, Stephan

Club: Mannheim  
Number: 1065

Course: 12.00 km  
12 km Run

Category:  
Senioren M45 (45-49 Jahre)

Total time: 54:36

Speed: 13.19 km/h  
Running performance: 4:33 min/km

Rank in course/Total: 32 (of 169)

Rank in course/Men: 31 (of 131)

Best time in course: 45:20

Rank in category: 7(of 25)

Best time in the category: 50:45