



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Schindhelm, Helmut

Club: Praxis Für Gross Und Klein
Number: 1130

Course: 12.00 km
12 km Run

Category:
Senioren M55 (55-59 Jahre)

Total time: 54:37

Speed: 13.18 km/h
Running performance: 4:33 min/km

Rank in course/Total: 33 (of 169)

Rank in course/Men: 32 (of 131)

Best time in course: 45:20

Rank in category: 2(of 12)

Best time in the category: 54:13