



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Conrads, Claus**

Club: Mannheim  
Number: 1022

Course: 12.00 km  
12 km Run

Category:  
Männer (20-29 Jahre)

Total time: 55:18

Speed: 13.02 km/h  
Running performance: 4:37 min/km

Rank in course/Total: 36 (of 169)

Rank in course/Men: 35 (of 131)

Best time in course: 45:20

Rank in category: 6(of 16)

Best time in the category: 48:33