



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

Schlage-Seydlitz, Andreas

Club: no time to loose  
Number: 1131

Course: 12.00 km  
12 km Run

Category:  
Senioren M55 (55-59 Jahre)

Total time: 55:30

Speed: 12.97 km/h  
Running performance: 4:37 min/km

Rank in course/Total: 37 (of 169)

Rank in course/Men: 36 (of 131)

Best time in course: 45:20

Rank in category: 3(of 12)

Best time in the category: 54:13