



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Amend, Holger**

Club: LSV Ladenburg Triathlon  
Number: 1002

Course: 12.00 km  
12 km Run

Category:  
Senioren M45 (45-49 Jahre)

Total time: 55:34

Speed: 12.96 km/h  
Running performance: 4:38 min/km

Rank in course/Total: 38 (of 169)

Rank in course/Men: 37 (of 131)

Best time in course: 45:20

Rank in category: 9(of 25)

Best time in the category: 50:45