



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Hellwig, Jan

Club: TSG Eisenberg
Number: 1054

Course: 12.00 km
12 km Run

Category:
Männer (20-29 Jahre)

Total time: 55:43

Speed: 12.92 km/h
Running performance: 4:38 min/km

Rank in course/Total: 40 (of 169)

Rank in course/Men: 38 (of 131)

Best time in course: 45:20

Rank in category: 7(of 16)

Best time in the category: 48:33