



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Saliwmda, Törsten

Number: 1194

Course: 12.00 km
12 km Run

Category:
Senioren M35 (35-39 Jahre)

Total time: 55:45

Speed: 12.91 km/h

Running performance: 4:39 min/km

Rank in course/Total: 41 (of 169)

Rank in course/Men: 39 (of 131)

Best time in course: 45:20

Rank in category: 4(of 17)

Best time in the category: 50:06