



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

Wünsche, Ricardo

Club: JPHH

Number: 700

Course: 6.00 km

6 km Run

Category:

Senioren M30 (30-34 Jahre)

Total time: 46:10

Speed: 7.80 km/h

Running performance: 7:41 min/km

Rank in course/Total: 197 (of 204)

Rank in course/Men: 110 (of 112)

Best time in course: 21:52

Rank in category: 9(of 9)

Best time in the category: 24:23