



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

Daub, Alexander

Number: 1205

Course: 12.00 km  
12 km Run

Category:  
Senioren M35 (35-39 Jahre)

Total time: 56:11

Speed: 12.82 km/h

Running performance: 4:41 min/km

Rank in course/Total: 44 (of 169)

Rank in course/Men: 42 (of 131)

Best time in course: 45:20

Rank in category: 5(of 17)

Best time in the category: 50:06