



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

Troester, Jürgen

Club: vereinslos  
Number: 1160

Course: 12.00 km  
12 km Run

Category:  
Senioren M50 (50-54 Jahre)

Total time: 56:17

Speed: 12.79 km/h  
Running performance: 4:41 min/km

Rank in course/Total: 45 (of 169)

Rank in course/Men: 43 (of 131)

Best time in course: 45:20

Rank in category: 5(of 13)

Best time in the category: 48:36