



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Tschentscher, Lukas

Club: Tschentschers
Number: 1162

Course: 12.00 km
12 km Run

Category:
Männer (20-29 Jahre)

Total time: 56:42

Speed: 12.70 km/h
Running performance: 4:43 min/km

Rank in course/Total: 47 (of 169)

Rank in course/Men: 45 (of 131)

Best time in course: 45:20

Rank in category: 9(of 16)

Best time in the category: 48:33