



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Prins, Simon**

Club: Mannheim  
Number: 1110

Course: 12.00 km  
12 km Run

Category:  
Senioren M30 (30-34 Jahre)

Total time: 57:11

Speed: 12.59 km/h  
Running performance: 4:46 min/km

Rank in course/Total: 46 (of 169)

Rank in course/Men: 47 (of 131)

Best time in course: 45:20

Rank in category: 10(of 23)

Best time in the category: 45:20