



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Cisowski, Andreas**

Club: Ludwigshafen  
Number: 1020

Course: 12.00 km  
12 km Run

Category:  
Senioren M55 (55-59 Jahre)

Total time: 57:38

Speed: 12.49 km/h  
Running performance: 4:48 min/km

Rank in course/Total: 51 (of 169)

Rank in course/Men: 49 (of 131)

Best time in course: 45:20

Rank in category: 5(of 12)

Best time in the category: 54:13