



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Demund, Johannes

Club: Mannheim
Number: 1180

Course: 12.00 km
12 km Run

Category:
Senioren M30 (30-34 Jahre)

Total time: 58:19

Speed: 12.35 km/h
Running performance: 4:52 min/km

Rank in course/Total: 56 (of 169)

Rank in course/Men: 53 (of 131)

Best time in course: 45:20

Rank in category: 12(of 23)

Best time in the category: 45:20