



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Heib, Thorsten**

Club: TSG Bürstadt  
Number: 1053

Course: 12.00 km  
12 km Run

Category:  
Senioren M45 (45-49 Jahre)

Total time: 58:46

Speed: 12.25 km/h  
Running performance: 4:54 min/km

Rank in course/Total: 58 (of 169)

Rank in course/Men: 55 (of 131)

Best time in course: 45:20

Rank in category: 11(of 25)

Best time in the category: 50:45