



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Psolka, Bernd**

Club: Mannheim  
Number: 617

Course: 6.00 km  
6 km Run

Category:  
Senioren M65 (65-69 Jahre)

Total time: 48:48

Speed: 7.38 km/h  
Running performance: 8:08 min/km

Rank in course/Total: 203 (of 204)

Rank in course/Men: 112 (of 112)

Best time in course: 21:52

Rank in category: 3(of 3)

Best time in the category: 31:46