



7. Karlsternlauf  
Mannheim / 16.06.2013

Detailed evaluation

Heeß, Georg

Club: MEO Mannheim  
Number: 1052

Course: 12.00 km  
12 km Run

Category:  
Senioren M55 (55-59 Jahre)

Total time: 59:28

Speed: 12.11 km/h  
Running performance: 4:58 min/km

Rank in course/Total: 64 (of 169)

Rank in course/Men: 61 (of 131)

Best time in course: 45:20

Rank in category: 6(of 12)

Best time in the category: 54:13