



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Vilhelm, Robert

Club: Deutschland
Number: 1171

Course: 12.00 km
12 km Run

Category:
Senioren M30 (30-34 Jahre)

Total time: 59:33

Speed: 12.09 km/h
Running performance: 4:58 min/km

Rank in course/Total: 65 (of 169)

Rank in course/Men: 62 (of 131)

Best time in course: 45:20

Rank in category: 15(of 23)

Best time in the category: 45:20