



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Spiesberger, Chris

Club: Laufftreff Brühl-Rohrhof
Number: 1151

Course: 12.00 km
12 km Run

Category:
Senioren M50 (50-54 Jahre)

Total time: 59:34

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

Rank in course/Total: 66 (of 169)

Rank in course/Men: 63 (of 131)

Best time in course: 45:20

Rank in category: 6(of 13)

Best time in the category: 48:36