



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Walker, Dieter

Club: TV Rheinau 1893

Number: 1173

Course: 12.00 km

12 km Run

Category:

Senioren M65 (65-69 Jahre)

Total time: 59:39

Speed: 12.07 km/h

Running performance: 4:58 min/km

Rank in course/Total: 67 (of 169)

Rank in course/Men: 64 (of 131)

Best time in course: 45:20

Rank in category: 2(of 2)

Best time in the category: 53:48