



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Pfister, Ingo

Club: Mannheim
Number: 1107

Course: 12.00 km
12 km Run

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:01:32

Speed: 11.70 km/h
Running performance: 5:08 min/km

Rank in course/Total: 77 (of 169)

Rank in course/Men: 72 (of 131)

Best time in course: 45:20

Rank in category: 8(of 17)

Best time in the category: 48:47