



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Solmus, Hasan

Club: Mannheim
Number: 1204

Course: 12.00 km
12 km Run

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:01:43

Speed: 11.67 km/h
Running performance: 5:08 min/km

Rank in course/Total: 78 (of 169)

Rank in course/Men: 73 (of 131)

Best time in course: 45:20

Rank in category: 13(of 25)

Best time in the category: 50:45