



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

Liedtke, Joachim

Club: Ludwigshafen  
Number: 1085

Course: 12.00 km  
12 km Run

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:01:55

Speed: 11.63 km/h  
Running performance: 5:10 min/km

Rank in course/Total: 79 (of 169)

Rank in course/Men: 74 (of 131)

Best time in course: 45:20

Rank in category: 9(of 17)

Best time in the category: 50:06