



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

Rossbach, Alex

Club: Mutterstadt  
Number: 1120

Course: 12.00 km  
12 km Run

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:02:03

Speed: 11.60 km/h  
Running performance: 5:10 min/km

Rank in course/Total: 80 (of 169)

Rank in course/Men: 75 (of 131)

Best time in course: 45:20

Rank in category: 9(of 17)

Best time in the category: 48:47