



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Seiffert, Dominic**

Club: Mannheim  
Number: 1144

Course: 12.00 km  
12 km Run

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:03:27

Speed: 11.35 km/h  
Running performance: 5:17 min/km

Rank in course/Total: 85 (of 169)

Rank in course/Men: 78 (of 131)

Best time in course: 45:20

Rank in category: 16(of 23)

Best time in the category: 45:20