



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

Hof, Thorsten

Club: TSV Sandhofen  
Number: 1060

Course: 12.00 km  
12 km Run

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:04:36

Speed: 11.15 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 89 (of 169)

Rank in course/Men: 82 (of 131)

Best time in course: 45:20

Rank in category: 10(of 17)

Best time in the category: 48:47