



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Graf, Alexander

Club: Heidelberg
Number: 1045

Course: 12.00 km
12 km Run

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:04:51

Speed: 11.10 km/h
Running performance: 5:24 min/km

Rank in course/Total: 92 (of 169)

Rank in course/Men: 83 (of 131)

Best time in course: 45:20

Rank in category: 18(of 23)

Best time in the category: 45:20