



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**simmendinger, arndt**

Club: vsg mannheim  
Number: 1149

Course: 12.00 km  
12 km Run

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:04:59

Speed: 11.08 km/h  
Running performance: 5:25 min/km

Rank in course/Total: 94 (of 169)

Rank in course/Men: 84 (of 131)

Best time in course: 45:20

Rank in category: 16(of 25)

Best time in the category: 50:45