



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Dyx, Matthias

Club: Sonnenschein Power
Number: 1033

Course: 12.00 km
12 km Run

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:05:11

Speed: 11.05 km/h
Running performance: 5:26 min/km

Rank in course/Total: 97 (of 169)

Rank in course/Men: 87 (of 131)

Best time in course: 45:20

Rank in category: 17(of 25)

Best time in the category: 50:45