



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Toenjes, Stephan

Club: Mannheim
Number: 1159

Course: 12.00 km
12 km Run

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:06:28

Speed: 10.83 km/h
Running performance: 5:32 min/km

Rank in course/Total: 106 (of 169)

Rank in course/Men: 94 (of 131)

Best time in course: 45:20

Rank in category: 13(of 17)

Best time in the category: 50:06