



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Heinze, Ulrich Paul

Club: Cisyphos Mannheim
Number: 1203

Course: 12.00 km
12 km Run

Category:
Senioren M70 (70-74 Jahre)

Total time: 1:06:46

Speed: 10.78 km/h
Running performance: 5:34 min/km

Rank in course/Total: 108 (of 169)

Rank in course/Men: 95 (of 131)

Best time in course: 45:20

Rank in category: 1(of 1)

Best time in the category: 1:06:46