



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Risch, Markus**

Club: Mannheim  
Number: 1118

Course: 12.00 km  
12 km Run

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:07:33

Speed: 10.66 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 113 (of 169)

Rank in course/Men: 98 (of 131)

Best time in course: 45:20

Rank in category: 10(of 13)

Best time in the category: 48:36