



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