



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

Henn, Bernd

Club: ohne  
Number: 1056

Course: 12.00 km  
12 km Run

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:08:03

Speed: 10.58 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 118 (of 169)

Rank in course/Men: 101 (of 131)

Best time in course: 45:20

Rank in category: 7(of 12)

Best time in the category: 54:13