



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Kraus, Bernd

Club: Mannheim
Number: 1078

Course: 12.00 km
12 km Run

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:08:07

Speed: 10.57 km/h
Running performance: 5:41 min/km

Rank in course/Total: 119 (of 169)

Rank in course/Men: 102 (of 131)

Best time in course: 45:20

Rank in category: 14(of 17)

Best time in the category: 48:47