



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Kraft, Rüdiger**

Club: Mannheim  
Number: 1077

Course: 12.00 km  
12 km Run

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:08:17

Speed: 10.54 km/h  
Running performance: 5:41 min/km

Rank in course/Total: 121 (of 169)

Rank in course/Men: 103 (of 131)

Best time in course: 45:20

Rank in category: 20(of 25)

Best time in the category: 50:45