



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Matzig, Roland

Club: MTG Mannheim Triathlon
Number: 1090

Course: 12.00 km
12 km Run

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:08:50

Speed: 10.46 km/h
Running performance: 5:44 min/km

Rank in course/Total: 128 (of 169)

Rank in course/Men: 108 (of 131)

Best time in course: 45:20

Rank in category: 8(of 12)

Best time in the category: 54:13