



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Friedek, Thomas

Club: Mannheim
Number: 1038

Course: 12.00 km
12 km Run

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:09:04

Speed: 10.42 km/h
Running performance: 5:46 min/km

Rank in course/Total: 130 (of 169)

Rank in course/Men: 110 (of 131)

Best time in course: 45:20

Rank in category: 22(of 23)

Best time in the category: 45:20