



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Donauer, Christoph

Club: Ladenburg
Number: 1029

Course: 12.00 km
12 km Run

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:10:15

Speed: 10.25 km/h
Running performance: 5:51 min/km

Rank in course/Total: 133 (of 169)

Rank in course/Men: 112 (of 131)

Best time in course: 45:20

Rank in category: 15(of 17)

Best time in the category: 50:06