



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Schott, Ralf

Club: John Deere
Number: 1139

Course: 12.00 km
12 km Run

Category:
Senioren M45 (45-49 Jahre)

Total time: 58:52

Speed: 12.23 km/h
Running performance: 4:55 min/km

Rank in course/Total: 59 (of 169)

Rank in course/Men: 56 (of 131)

Best time in course: 45:20

Rank in category: 12(of 25)

Best time in the category: 50:45