



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Seoane, Antonio**

Club: Mannheim  
Number: 1145

Course: 12.00 km  
12 km Run

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:11:28

Speed: 10.07 km/h  
Running performance: 5:58 min/km

Rank in course/Total: 137 (of 169)

Rank in course/Men: 114 (of 131)

Best time in course: 45:20

Rank in category: 17(of 17)

Best time in the category: 50:06