



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