



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Lindenberg, Jürgen

Club: DJK Feudenheim
Number: 1086

Course: 12.00 km
12 km Run

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:11:29

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

Rank in course/Total: 138 (of 169)

Rank in course/Men: 115 (of 131)

Best time in course: 45:20

Rank in category: 9(of 12)

Best time in the category: 54:13