



7. Karlsternlauf  
Mannheim / 16.06.2013

Detailed evaluation

Arbeit, Rüdiger

Club: Mannheim  
Number: 1004

Course: 12.00 km  
12 km Run

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:11:49

Speed: 10.03 km/h  
Running performance: 5:59 min/km

Rank in course/Total: 141 (of 169)

Rank in course/Men: 118 (of 131)

Best time in course: 45:20

Rank in category: 23(of 25)

Best time in the category: 50:45