



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Stuppi, Ralf

Club: Mannheim
Number: 1196

Course: 12.00 km
12 km Run

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:11:55

Speed: 10.01 km/h
Running performance: 5:59 min/km

Rank in course/Total: 142 (of 169)

Rank in course/Men: 119 (of 131)

Best time in course: 45:20

Rank in category: 24(of 25)

Best time in the category: 50:45