



7. Karlsternlauf
Mannheim / 16.06.2013

Detailed evaluation

Tschentscher, Norbert

Club: Tschentschers
Number: 1164

Course: 12.00 km
12 km Run

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:13:26

Speed: 9.80 km/h
Running performance: 6:07 min/km

Rank in course/Total: 143 (of 169)

Rank in course/Men: 120 (of 131)

Best time in course: 45:20

Rank in category: 11(of 12)

Best time in the category: 54:13