



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Volland, Marco**

Club: Neuhofen  
Number: 1172

Course: 12.00 km  
12 km Run

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:17:06

Speed: 9.34 km/h  
Running performance: 6:25 min/km

Rank in course/Total: 153 (of 169)

Rank in course/Men: 123 (of 131)

Best time in course: 45:20

Rank in category: 17(of 17)

Best time in the category: 48:47