



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Zogolla, Tobias**

Club: Mannheim  
Number: 1195

Course: 12.00 km  
12 km Run

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:18:16

Speed: 9.20 km/h  
Running performance: 6:31 min/km

Rank in course/Total: 159 (of 169)

Rank in course/Men: 126 (of 131)

Best time in course: 45:20

Rank in category: 23(of 23)

Best time in the category: 45:20