



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

Trumpfheller, Bernd

Club: Trumpfheller Team  
Number: 1161

Course: 12.00 km  
12 km Run

Category:  
Senioren M60 (60-64 Jahre)

Total time: 1:18:20

Speed: 9.19 km/h  
Running performance: 6:32 min/km

Rank in course/Total: 160 (of 169)

Rank in course/Men: 127 (of 131)

Best time in course: 45:20

Rank in category: 3(of 4)

Best time in the category: 59:25