



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

Krüger, Bernhard

Club: Mannheim  
Number: 1081

Course: 12.00 km  
12 km Run

Category:  
Senioren M60 (60-64 Jahre)

Total time: 1:20:46

Speed: 8.91 km/h  
Running performance: 6:44 min/km

Rank in course/Total: 163 (of 169)

Rank in course/Men: 129 (of 131)

Best time in course: 45:20

Rank in category: 4(of 4)

Best time in the category: 59:25