



6. Karlsternlauf  
Mannheim / 10.06.2012

Detailed evaluation

Kamasz, Martin

Club: Mannheim  
Number: 605

Course: 6.00 km  
6 km Run

Category:  
Senioren M40 (40-44 Jahre)

Total time: 28:25

Speed: 12.67 km/h  
Running performance: 4:44 min/km

Rank in course/Total: 29 (of 175)

Rank in course/Men: 22 (of 80)

Best time in course: 21:38

Rank in category: 3(of 9)

Best time in the category: 23:16