



6. Karlsternlauf  
Mannheim / 10.06.2012

Detailed evaluation

riegger, norbert

Club: mannheim  
Number: 465

Course: 6.00 km  
6 km Run

Category:  
Senioren M45 (45-49 Jahre)

Total time: 30:07

Speed: 11.95 km/h  
Running performance: 5:01 min/km

Rank in course/Total: 42 (of 175)

Rank in course/Men: 33 (of 80)

Best time in course: 21:38

Rank in category: 4(of 12)

Best time in the category: 23:28