



6. Karlsternlauf
Mannheim / 10.06.2012

Detailed evaluation

Heinl, Thomas

Club: Mannheim
Number: 448

Course: 6.00 km
6 km Run

Category:
Senioren M45 (45-49 Jahre)

Total time: 30:55

Speed: 11.64 km/h
Running performance: 5:09 min/km

Rank in course/Total: 46 (of 175)

Rank in course/Men: 36 (of 80)

Best time in course: 21:38

Rank in category: 5(of 12)

Best time in the category: 23:28