



6. Karlsternlauf
Mannheim / 10.06.2012

Detailed evaluation

Dämgen, Torsten

Club: Lauftreff Kocher
Number: 51

Course: 12.00 km
12 km Run

Category:
Senioren M40 (40-44 Jahre)

Total time: 44:03

Speed: 16.35 km/h
Running performance: 3:40 min/km

Rank in course/Total: 4 (of 268)

Rank in course/Men: 4 (of 191)

Best time in course: 42:10

Rank in category: 2(of 28)

Best time in the category: 42:29