



6. Karlsternlauf
Mannheim / 10.06.2012

Detailed evaluation

Sepehrnia, Khalil

Club: Mannheim
Number: 474

Course: 6.00 km
6 km Run

Category:
Senioren M55 (55-59 Jahre)

Total time: 34:57

Speed: 10.30 km/h
Running performance: 5:49 min/km

Rank in course/Total: 78 (of 175)

Rank in course/Men: 52 (of 80)

Best time in course: 21:38

Rank in category: 6(of 7)

Best time in the category: 22:51