



6. Karlsternlauf  
Mannheim / 10.06.2012

Detailed evaluation

Dippold, Joachim

Club: Dippolds  
Number: 434

Course: 6.00 km  
6 km Run

Category:  
Senioren M40 (40-44 Jahre)

Total time: 35:19

Speed: 10.19 km/h  
Running performance: 5:53 min/km

Rank in course/Total: 84 (of 175)

Rank in course/Men: 53 (of 80)

Best time in course: 21:38

Rank in category: 7(of 9)

Best time in the category: 23:16