



6. Karlsternlauf
Mannheim / 10.06.2012

Detailed evaluation

Seelinger, Jochen

Club: Lauf AG Feudenheim-Gymnasium
Number: 6

Course: 12.00 km
12 km Run

Category:
Senioren M30 (30-34 Jahre)

Total time: 44:45

Speed: 16.09 km/h
Running performance: 3:44 min/km

Rank in course/Total: 6 (of 268)

Rank in course/Men: 6 (of 191)

Best time in course: 42:10

Rank in category: 1(of 21)

Best time in the category: 44:45