



6. Karlsternlauf
Mannheim / 10.06.2012

Detailed evaluation

Mrongowius, Karsten

Club: Mannheim
Number: 440

Course: 6.00 km
6 km Run

Category:
Senioren M40 (40-44 Jahre)

Total time: 35:49

Speed: 10.05 km/h
Running performance: 5:58 min/km

Rank in course/Total: 92 (of 175)

Rank in course/Men: 57 (of 80)

Best time in course: 21:38

Rank in category: 8(of 9)

Best time in the category: 23:16