



6. Karlsternlauf  
Mannheim / 10.06.2012

Detailed evaluation

Halder, Harald

Club: Mannheim  
Number: 447

Course: 6.00 km  
6 km Run

Category:  
Senioren M45 (45-49 Jahre)

Total time: 36:20

Speed: 9.91 km/h  
Running performance: 6:04 min/km

Rank in course/Total: 96 (of 175)

Rank in course/Men: 60 (of 80)

Best time in course: 21:38

Rank in category: 7(of 12)

Best time in the category: 23:28