



6. Karlsternlauf  
Mannheim / 10.06.2012

Detailed evaluation

Maniera, Roger

Club: Mannheim  
Number: 452

Course: 6.00 km  
6 km Run

Category:  
Senioren M45 (45-49 Jahre)

Total time: 36:28

Speed: 9.87 km/h  
Running performance: 6:05 min/km

Rank in course/Total: 97 (of 175)

Rank in course/Men: 61 (of 80)

Best time in course: 21:38

Rank in category: 8(of 12)

Best time in the category: 23:28