



6. Karlsternlauf
Mannheim / 10.06.2012

Detailed evaluation

Schilke, Ralf

Club: SV Soprema Mannheim
Number: 90

Course: 12.00 km
12 km Run

Category:
Senioren M45 (45-49 Jahre)

Total time: 47:46

Speed: 15.07 km/h
Running performance: 3:59 min/km

Rank in course/Total: 15 (of 268)

Rank in course/Men: 15 (of 191)

Best time in course: 42:10

Rank in category: 2(of 33)

Best time in the category: 46:59