



6. Karlsternlauf  
Mannheim / 10.06.2012

Detailed evaluation

Hebding, Klaus

Club: TV Rheinau 1893  
Number: 296

Course: 12.00 km  
12 km Run

Category:  
Senioren M45 (45-49 Jahre)

Total time: 47:50

Speed: 15.05 km/h  
Running performance: 3:59 min/km

Rank in course/Total: 16 (of 268)

Rank in course/Men: 16 (of 191)

Best time in course: 42:10

Rank in category: 3(of 33)

Best time in the category: 46:59