



6. Karlsternlauf  
Mannheim / 10.06.2012

## Detailed evaluation

Dittrich, Joachim

Club: Roadrunner Abtsteinach  
Number: 144

Course: 12.00 km  
12 km Run

Category:  
Senioren M60 (60-64 Jahre)

Total time: 48:03

Speed: 14.98 km/h  
Running performance: 4:00 min/km

Rank in course/Total: 17 (of 268)

Rank in course/Men: 17 (of 191)

Best time in course: 42:10

Rank in category: 1(of 9)

Best time in the category: 48:03