



6. Karlsternlauf  
Mannheim / 10.06.2012

Detailed evaluation

Fröhlich, Ralf

Club: Mannheim  
Number: 94

Course: 12.00 km  
12 km Run

Category:  
Senioren M45 (45-49 Jahre)

Total time: 49:02

Speed: 14.68 km/h  
Running performance: 4:05 min/km

Rank in course/Total: 21 (of 268)

Rank in course/Men: 20 (of 191)

Best time in course: 42:10

Rank in category: 4(of 33)

Best time in the category: 46:59