



6. Karlsternlauf
Mannheim / 10.06.2012

Detailed evaluation

Spieles, Markus

Club: LU-Edigheim
Number: 82

Course: 12.00 km
12 km Run

Category:
Senioren M45 (45-49 Jahre)

Total time: 49:58

Speed: 14.41 km/h
Running performance: 4:10 min/km

Rank in course/Total: 25 (of 268)

Rank in course/Men: 23 (of 191)

Best time in course: 42:10

Rank in category: 5(of 33)

Best time in the category: 46:59