



6. Karlsternlauf
Mannheim / 10.06.2012

Detailed evaluation

Bender, Helmut

Club: TV Edingen
Number: 187

Course: 12.00 km
12 km Run

Category:
Senioren M50 (50-54 Jahre)

Total time: 50:46

Speed: 14.18 km/h
Running performance: 4:14 min/km

Rank in course/Total: 30 (of 268)

Rank in course/Men: 28 (of 191)

Best time in course: 42:10

Rank in category: 3(of 23)

Best time in the category: 46:49