



6. Karlsternlauf
Mannheim / 10.06.2012

Detailed evaluation

Seidelmann, Andreas

Club: MTG Mannheim Triathlon
Number: 53

Course: 12.00 km
12 km Run

Category:
Senioren M40 (40-44 Jahre)

Total time: 51:06

Speed: 14.09 km/h
Running performance: 4:16 min/km

Rank in course/Total: 31 (of 268)

Rank in course/Men: 29 (of 191)

Best time in course: 42:10

Rank in category: 5(of 28)

Best time in the category: 42:29