



6. Karlsternlauf  
Mannheim / 10.06.2012

Detailed evaluation

Freerksen, Olaf

Club: LF Mannheim  
Number: 130

Course: 12.00 km  
12 km Run

Category:  
Senioren M55 (55-59 Jahre)

Total time: 51:46

Speed: 13.91 km/h  
Running performance: 4:19 min/km

Rank in course/Total: 37 (of 268)

Rank in course/Men: 35 (of 191)

Best time in course: 42:10

Rank in category: 2(of 15)

Best time in the category: 44:34