



6. Karlsternlauf
Mannheim / 10.06.2012

Detailed evaluation

Austermann, Roland

Club: Der schnelle Papa
Number: 294

Course: 12.00 km
12 km Run

Category:
Senioren M40 (40-44 Jahre)

Total time: 52:22

Speed: 13.75 km/h
Running performance: 4:22 min/km

Rank in course/Total: 42 (of 268)

Rank in course/Men: 39 (of 191)

Best time in course: 42:10

Rank in category: 6(of 28)

Best time in the category: 42:29