



6. Karlsternlauf  
Mannheim / 10.06.2012

Detailed evaluation

**Sienknecht, Stefan**

Club: EKU Mannheim  
Number: 458

Course: 6.00 km  
6 km Run

Category:  
Senioren M50 (50-54 Jahre)

Total time: 43:31

Speed: 8.27 km/h  
Running performance: 7:15 min/km

Rank in course/Total: 157 (of 175)

Rank in course/Men: 75 (of 80)

Best time in course: 21:38

Rank in category: 12(of 12)

Best time in the category: 23:55