



6. Karlsternlauf  
Mannheim / 10.06.2012

Detailed evaluation

**Brinkmann, Frank**

Club: Bensheim

Number: 72

Course: 12.00 km

12 km Run

Category:

Senioren M45 (45-49 Jahre)

Total time: 53:10

Speed: 13.54 km/h

Running performance: 4:26 min/km

Rank in course/Total: 51 (of 268)

Rank in course/Men: 47 (of 191)

Best time in course: 42:10

Rank in category: 12(of 33)

Best time in the category: 46:59