



6. Karlsternlauf
Mannheim / 10.06.2012

Detailed evaluation

Ludwig, Lui

Club: Mannheim

Number: 123

Course: 12.00 km

12 km Run

Category:

Senioren M50 (50-54 Jahre)

Total time: 53:16

Speed: 13.52 km/h

Running performance: 4:26 min/km

Rank in course/Total: 52 (of 268)

Rank in course/Men: 48 (of 191)

Best time in course: 42:10

Rank in category: 5(of 23)

Best time in the category: 46:49