



6. Karlsternlauf  
Mannheim / 10.06.2012

Detailed evaluation

Gröschel, Michael

Club: Mannheim  
Number: 60

Course: 12.00 km  
12 km Run

Category:  
Senioren M40 (40-44 Jahre)

Total time: 53:45

Speed: 13.40 km/h  
Running performance: 4:29 min/km

Rank in course/Total: 53 (of 268)

Rank in course/Men: 49 (of 191)

Best time in course: 42:10

Rank in category: 8(of 28)

Best time in the category: 42:29