



6. Karlsternlauf
Mannheim / 10.06.2012

Detailed evaluation

English, Marcus

Club: Chicken Express
Number: 73

Course: 12.00 km
12 km Run

Category:
Senioren M45 (45-49 Jahre)

Total time: 54:14

Speed: 13.28 km/h
Running performance: 4:31 min/km

Rank in course/Total: 58 (of 268)

Rank in course/Men: 54 (of 191)

Best time in course: 42:10

Rank in category: 13(of 33)

Best time in the category: 46:59