



6. Karlsternlauf
Mannheim / 10.06.2012

Detailed evaluation

Kern, Markus

Club: Mannheim
Number: 450

Course: 6.00 km
6 km Run

Category:
Senioren M45 (45-49 Jahre)

Total time: 45:09

Speed: 7.97 km/h
Running performance: 7:31 min/km

Rank in course/Total: 164 (of 175)

Rank in course/Men: 76 (of 80)

Best time in course: 21:38

Rank in category: 11(of 12)

Best time in the category: 23:28