



6. Karlsternlauf
Mannheim / 10.06.2012

Detailed evaluation

Heeß, Georg

Club: Mannheim
Number: 135

Course: 12.00 km
12 km Run

Category:
Senioren M55 (55-59 Jahre)

Total time: 57:03

Speed: 12.62 km/h
Running performance: 4:45 min/km

Rank in course/Total: 80 (of 268)

Rank in course/Men: 71 (of 191)

Best time in course: 42:10

Rank in category: 4(of 15)

Best time in the category: 44:34