



6. Karlsternlauf  
Mannheim / 10.06.2012

Detailed evaluation

simmendinger, arndt

Club: TV Viernheim  
Number: 57

Course: 12.00 km  
12 km Run

Category:  
Senioren M40 (40-44 Jahre)

Total time: 57:15

Speed: 12.58 km/h  
Running performance: 4:46 min/km

Rank in course/Total: 84 (of 268)

Rank in course/Men: 75 (of 191)

Best time in course: 42:10

Rank in category: 13(of 28)

Best time in the category: 42:29