



6. Karlsternlauf
Mannheim / 10.06.2012

Detailed evaluation

Lieder, Christian

Club: EDILION LIMITADA
Number: 269

Course: 12.00 km
12 km Run

Category:
Senioren M45 (45-49 Jahre)

Total time: 57:20

Speed: 12.56 km/h
Running performance: 4:47 min/km

Rank in course/Total: 85 (of 268)

Rank in course/Men: 76 (of 191)

Best time in course: 42:10

Rank in category: 18(of 33)

Best time in the category: 46:59