



6. Karlsternlauf  
Mannheim / 10.06.2012

Detailed evaluation

**Black, Michael**

Club: PSV Mannheim  
Number: 302

Course: 12.00 km  
12 km Run

Category:  
Senioren M45 (45-49 Jahre)

Total time: 57:35

Speed: 12.50 km/h  
Running performance: 4:48 min/km

Rank in course/Total: 90 (of 268)

Rank in course/Men: 80 (of 191)

Best time in course: 42:10

Rank in category: 19(of 33)

Best time in the category: 46:59