



6. Karlsternlauf  
Mannheim / 10.06.2012

Detailed evaluation

Litterscheid, Martin

Club: Mannheim  
Number: 63

Course: 12.00 km  
12 km Run

Category:  
Senioren M40 (40-44 Jahre)

Total time: 57:47

Speed: 12.46 km/h  
Running performance: 4:49 min/km

Rank in course/Total: 92 (of 268)

Rank in course/Men: 82 (of 191)

Best time in course: 42:10

Rank in category: 15(of 28)

Best time in the category: 42:29