



6. Karlsternlauf
Mannheim / 10.06.2012

Detailed evaluation

Cisowski, Andreas

Club: Ludwigshafen

Number: 120

Course: 12.00 km

12 km Run

Category:

Senioren M50 (50-54 Jahre)

Total time: 57:51

Speed: 12.45 km/h

Running performance: 4:49 min/km

Rank in course/Total: 93 (of 268)

Rank in course/Men: 83 (of 191)

Best time in course: 42:10

Rank in category: 10(of 23)

Best time in the category: 46:49