



6. Karlsternlauf
Mannheim / 10.06.2012

Detailed evaluation

Riffel, Holger

Club: Luschka + Wagenmann
Number: 83

Course: 12.00 km
12 km Run

Category:
Senioren M45 (45-49 Jahre)

Total time: 58:38

Speed: 12.28 km/h
Running performance: 4:53 min/km

Rank in course/Total: 104 (of 268)

Rank in course/Men: 94 (of 191)

Best time in course: 42:10

Rank in category: 21(of 33)

Best time in the category: 46:59