



6. Karlsternlauf
Mannheim / 10.06.2012

Detailed evaluation

Jonas, Jan

Club: Idstein
Number: 16

Course: 12.00 km
12 km Run

Category:
Senioren M30 (30-34 Jahre)

Total time: 59:07

Speed: 12.18 km/h
Running performance: 4:56 min/km

Rank in course/Total: 111 (of 268)

Rank in course/Men: 99 (of 191)

Best time in course: 42:10

Rank in category: 12(of 21)

Best time in the category: 44:45