



6. Karlsternlauf  
Mannheim / 10.06.2012

Detailed evaluation

Simons, Kai

Club: Herzogenrath  
Number: 181

Course: 12.00 km  
12 km Run

Category:  
Männer (20-29 Jahre)

Total time: 59:33

Speed: 12.09 km/h  
Running performance: 4:58 min/km

Rank in course/Total: 112 (of 268)

Rank in course/Men: 100 (of 191)

Best time in course: 42:10

Rank in category: 20(of 32)

Best time in the category: 42:10