



6. Karlsternlauf  
Mannheim / 10.06.2012

Detailed evaluation

Jörss, Joachim

Club: Mannheim  
Number: 75

Course: 12.00 km  
12 km Run

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:02:16

Speed: 11.56 km/h  
Running performance: 5:11 min/km

Rank in course/Total: 135 (of 268)

Rank in course/Men: 117 (of 191)

Best time in course: 42:10

Rank in category: 25(of 33)

Best time in the category: 46:59