



6. Karlsternlauf
Mannheim / 10.06.2012

Detailed evaluation

Mierzwiak, Frank

Club: Ludwigshafen
Number: 87

Course: 12.00 km
12 km Run

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:02:36

Speed: 11.50 km/h
Running performance: 5:13 min/km

Rank in course/Total: 142 (of 268)

Rank in course/Men: 122 (of 191)

Best time in course: 42:10

Rank in category: 27(of 33)

Best time in the category: 46:59