



6. Karlsternlauf
Mannheim / 10.06.2012

Detailed evaluation

Hildenbrand, Carsten

Club: Kita Elstergasse
Number: 76

Course: 12.00 km
12 km Run

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:03:30

Speed: 11.34 km/h
Running performance: 5:17 min/km

Rank in course/Total: 158 (of 268)

Rank in course/Men: 132 (of 191)

Best time in course: 42:10

Rank in category: 29(of 33)

Best time in the category: 46:59