



6. Karlsternlauf
Mannheim / 10.06.2012

Detailed evaluation

heinze, ulrich

Club: mannheim

Number: 151

Course: 12.00 km

12 km Run

Category:

Senioren M65 (65-69 Jahre)

Total time: 1:04:01

Speed: 11.25 km/h

Running performance: 5:20 min/km

Rank in course/Total: 165 (of 268)

Rank in course/Men: 138 (of 191)

Best time in course: 42:10

Rank in category: 3(of 4)

Best time in the category: 59:57