



6. Karlsternlauf
Mannheim / 10.06.2012

Detailed evaluation

Rückert, Jens

Club: TV 1864 Schwetzingen
Number: 293

Course: 12.00 km
12 km Run

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:04:20

Speed: 11.19 km/h
Running performance: 5:22 min/km

Rank in course/Total: 167 (of 268)

Rank in course/Men: 139 (of 191)

Best time in course: 42:10

Rank in category: 30(of 33)

Best time in the category: 46:59