



6. Karlsternlauf  
Mannheim / 10.06.2012

Detailed evaluation

Koch, Sebastian

Club: Mannheim  
Number: 17

Course: 12.00 km  
12 km Run

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:04:51

Speed: 11.10 km/h  
Running performance: 5:24 min/km

Rank in course/Total: 173 (of 268)

Rank in course/Men: 142 (of 191)

Best time in course: 42:10

Rank in category: 14(of 21)

Best time in the category: 44:45