



6. Karlsternlauf
Mannheim / 10.06.2012

Detailed evaluation

Matzig, Roland

Club: MTG-Mannheim
Number: 131

Course: 12.00 km
12 km Run

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:05:51

Speed: 10.93 km/h
Running performance: 5:29 min/km

Rank in course/Total: 188 (of 268)

Rank in course/Men: 150 (of 191)

Best time in course: 42:10

Rank in category: 9(of 15)

Best time in the category: 44:34