



6. Karlsternlauf  
Mannheim / 10.06.2012

Detailed evaluation

**Kaiser, Roland**

Club: Squash Club MA-Käfertal  
Number: 117

Course: 12.00 km  
12 km Run

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:06:49

Speed: 10.78 km/h  
Running performance: 5:34 min/km

Rank in course/Total: 202 (of 268)

Rank in course/Men: 158 (of 191)

Best time in course: 42:10

Rank in category: 18(of 23)

Best time in the category: 46:49