



6. Karlsternlauf  
Mannheim / 10.06.2012

Detailed evaluation

Cascio, Toby

Club: Meckesheim  
Number: 30

Course: 12.00 km  
12 km Run

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:07:21

Speed: 10.69 km/h  
Running performance: 5:37 min/km

Rank in course/Total: 206 (of 268)

Rank in course/Men: 159 (of 191)

Best time in course: 42:10

Rank in category: 18(of 22)

Best time in the category: 43:54