



6. Karlsternlauf
Mannheim / 10.06.2012

Detailed evaluation

Tönjes, Stephan

Club: Mannheim

Number: 46

Course: 12.00 km

12 km Run

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:07:36

Speed: 10.65 km/h

Running performance: 5:38 min/km

Rank in course/Total: 207 (of 268)

Rank in course/Men: 160 (of 191)

Best time in course: 42:10

Rank in category: 19(of 22)

Best time in the category: 43:54