



6. Karlsternlauf
Mannheim / 10.06.2012

Detailed evaluation

Herold, Philipp

Club: Mannheim
Number: 14

Course: 12.00 km
12 km Run

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:07:55

Speed: 10.60 km/h
Running performance: 5:40 min/km

Rank in course/Total: 209 (of 268)

Rank in course/Men: 162 (of 191)

Best time in course: 42:10

Rank in category: 19(of 21)

Best time in the category: 44:45