



6. Karlsternlauf
Mannheim / 10.06.2012

Detailed evaluation

van Haaren, Michael

Club: Laufftreff Kocher
Number: 7

Course: 12.00 km
12 km Run

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:08:27

Speed: 10.52 km/h
Running performance: 5:42 min/km

Rank in course/Total: 214 (of 268)

Rank in course/Men: 166 (of 191)

Best time in course: 42:10

Rank in category: 20(of 21)

Best time in the category: 44:45