



6. Karlsternlauf
Mannheim / 10.06.2012

Detailed evaluation

Zeiß, Manfred

Club: Ski-Club Heddeheim
Number: 145

Course: 12.00 km
12 km Run

Category:
Senioren M60 (60-64 Jahre)

Total time: 1:15:24

Speed: 9.55 km/h
Running performance: 6:17 min/km

Rank in course/Total: 235 (of 268)

Rank in course/Men: 176 (of 191)

Best time in course: 42:10

Rank in category: 9(of 9)

Best time in the category: 48:03