



6. Karlsternlauf  
Mannheim / 10.06.2012

Detailed evaluation

Quintus, Thomas

Club: Mannheim  
Number: 100

Course: 12.00 km  
12 km Run

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:17:36

Speed: 9.28 km/h  
Running performance: 6:28 min/km

Rank in course/Total: 245 (of 268)

Rank in course/Men: 180 (of 191)

Best time in course: 42:10

Rank in category: 32(of 33)

Best time in the category: 46:59