



6. Karlsternlauf  
Mannheim / 10.06.2012

Detailed evaluation

Prokein, Otmar

Club: Mannheim  
Number: 139

Course: 12.00 km  
12 km Run

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:17:43

Speed: 9.26 km/h  
Running performance: 6:29 min/km

Rank in course/Total: 248 (of 268)

Rank in course/Men: 182 (of 191)

Best time in course: 42:10

Rank in category: 14(of 15)

Best time in the category: 44:34