



6. Karlsternlauf  
Mannheim / 10.06.2012

Detailed evaluation

Lampert, Wilfried

Club: Mannheim  
Number: 152

Course: 12.00 km  
12 km Run

Category:  
Senioren M65 (65-69 Jahre)

Total time: 1:19:46

Speed: 9.03 km/h  
Running performance: 6:39 min/km

Rank in course/Total: 254 (of 268)

Rank in course/Men: 185 (of 191)

Best time in course: 42:10

Rank in category: 4(of 4)

Best time in the category: 59:57