



6. Karlsternlauf
Mannheim / 10.06.2012

Detailed evaluation

Denig, Frank

Club: Praxis für Groß und Klein
Number: 446

Course: 6.00 km
6 km Run

Category:
Senioren M45 (45-49 Jahre)

Total time: 26:15

Speed: 13.71 km/h
Running performance: 4:23 min/km

Rank in course/Total: 12 (of 175)

Rank in course/Men: 11 (of 80)

Best time in course: 21:38

Rank in category: 2(of 12)

Best time in the category: 23:28