



### 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

#### Detailed evaluation

**Forstner, Timo**

Club: TV Eppelheim

Number: 209

Course: 6.00 km

6 km Run

Category:

Männer M20

Total time: 23:42

Speed: 15.19 km/h

Running performance: 3:57 min/km

Rank in course/Total: 2 (of 166)

Rank in course/Men: 2 (of 88)

Best time in course: 21:05

Rank in category: 1(of 14)

Best time in the category: 23:42