



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Markus, Adolphs

Club: Ministranten St. Laurentius

Number: 66

Course: 6.00 km

6 km Run

Category:

Männer M20

Total time: 24:04

Speed: 14.96 km/h

Running performance: 4:01 min/km

Rank in course/Total: 4 (of 166)

Rank in course/Men: 4 (of 88)

Best time in course: 21:05

Rank in category: 2(of 14)

Best time in the category: 23:42