



## 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

### Detailed evaluation

**Deja, Marco**

Club: Mannheim

Number: 240

Course: 6.00 km

6 km Run

Category:

Männer M45

Total time: 25:45

Speed: 13.98 km/h

Running performance: 4:17 min/km

Rank in course/Total: 13 (of 166)

Rank in course/Men: 13 (of 88)

Best time in course: 21:05

Rank in category: 2(of 9)

Best time in the category: 25:05