



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Hillig, Rainer

Club: Mannheim

Number: 167

Course: 6.00 km

6 km Run

Category:

Männer M45

Total time: 26:33

Speed: 13.56 km/h

Running performance: 4:25 min/km

Rank in course/Total: 18 (of 166)

Rank in course/Men: 18 (of 88)

Best time in course: 21:05

Rank in category: 3(of 9)

Best time in the category: 25:05