



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Wietstock, Norbert

Club: Mannheim

Number: 306

Course: 6.00 km

6 km Run

Category:

Männer M45

Total time: 28:41

Speed: 12.55 km/h

Running performance: 4:47 min/km

Rank in course/Total: 32 (of 166)

Rank in course/Men: 29 (of 88)

Best time in course: 21:05

Rank in category: 4(of 9)

Best time in the category: 25:05