



## 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

### Detailed evaluation

**Helfinger, Jan Pascal**

Club: Jungenhaus vom Johann Peter Hebe  
Number: 217

Course: 6.00 km  
6 km Run

Category:  
männliche Jugend A

Total time: 29:14

Speed: 12.31 km/h

Running performance: 4:52 min/km

Rank in course/Total: 36 (of 166)

Rank in course/Men: 33 (of 88)

Best time in course: 21:05

Rank in category: 2(of 2)

Best time in the category: 23:48