



## 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

### Detailed evaluation

**Mildenberger, Silke**

Club: Löwen-Lauf-Team

Number: 113

Course: 6.00 km

6 km Run

Category:

Frauen W20

Total time: 29:28

Speed: 12.22 km/h

Running performance: 4:55 min/km

Rank in course/Total: 38 (of 166)

Rank in course/Women: 4 (of 78)

Best time in course: 27:55

Rank in category: 3(of 15)

Best time in the category: 27:55