



## 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

### Detailed evaluation

**Adolphs, Susanne**

Club: Ministranten St. Laurentius

Number: 112

Course: 6.00 km

6 km Run

Category:

Frauen W20

Total time: 30:12

Speed: 11.92 km/h

Running performance: 5:02 min/km

Rank in course/Total: 42 (of 166)

Rank in course/Women: 7 (of 78)

Best time in course: 27:55

Rank in category: 4(of 15)

Best time in the category: 27:55