



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Mildenberger, Achim

Club: Löwen-Lauf-Team

Number: 72

Course: 6.00 km

6 km Run

Category:

Männer M30

Total time: 30:29

Speed: 11.81 km/h

Running performance: 5:05 min/km

Rank in course/Total: 47 (of 166)

Rank in course/Men: 37 (of 88)

Best time in course: 21:05

Rank in category: 1(of 4)

Best time in the category: 30:29