



## 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

### Detailed evaluation

**Seilkopf, Sven**

Club: Wiesloch

Number: 215

Course: 6.00 km

6 km Run

Category:

Männer M45

Total time: 33:23

Speed: 10.78 km/h

Running performance: 5:34 min/km

Rank in course/Total: 62 (of 166)

Rank in course/Men: 49 (of 88)

Best time in course: 21:05

Rank in category: 6(of 9)

Best time in the category: 25:05