



## 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

### Detailed evaluation

**Völker, Heidrun**

Club: Mannheim

Number: 175

Course: 6.00 km

6 km Run

Category:

Frauen W60

Total time: 36:00

Speed: 10.00 km/h

Running performance: 6:00 min/km

Rank in course/Total: 88 (of 166)

Rank in course/Women: 21 (of 78)

Best time in course: 27:55

Rank in category: 1(of 2)

Best time in the category: 36:00