



### 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

#### Detailed evaluation

**Porath, Norbert**

Club: Mannheim

Number: 85

Course: 6.00 km

6 km Run

Category:

Männer M45

Total time: 38:33

Speed: 9.34 km/h

Running performance: 6:25 min/km

Rank in course/Total: 114 (of 166)

Rank in course/Men: 75 (of 88)

Best time in course: 21:05

Rank in category: 8(of 9)

Best time in the category: 25:05