



## 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

### Detailed evaluation

#### Spieß, Martina

Club: SOS Marathon-Team Schriesheim

Number: 293

Course: 6.00 km

6 km Run

Category:

Frauen W40

Total time: 39:29

Speed: 9.12 km/h

Running performance: 6:35 min/km

Rank in course/Total: 126 (of 166)

Rank in course/Women: 48 (of 78)

Best time in course: 27:55

Rank in category: 6(of 14)

Best time in the category: 33:34