



### 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

#### Detailed evaluation

van-der-raij, conni

Club: mannheim-

Number: 151

Course: 6.00 km

6 km Run

Category:

Frauen W50

Total time: 40:14

Speed: 8.95 km/h

Running performance: 6:43 min/km

Rank in course/Total: 133 (of 166)

Rank in course/Women: 53 (of 78)

Best time in course: 27:55

Rank in category: 6(of 7)

Best time in the category: 30:48