



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Jones, George

Club: SG Stern Mannheim

Number: 87

Course: 6.00 km

6 km Run

Category:

Männer M45

Total time: 40:59

Speed: 8.78 km/h

Running performance: 6:50 min/km

Rank in course/Total: 144 (of 166)

Rank in course/Men: 84 (of 88)

Best time in course: 21:05

Rank in category: 9(of 9)

Best time in the category: 25:05