



### 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

#### Detailed evaluation

Schmucker, Ellen

Club: Mannheim

Number: 225

Course: 6.00 km

6 km Run

Category:

Frauen W40

Total time: 41:08

Speed: 8.75 km/h

Running performance: 6:52 min/km

Rank in course/Total: 147 (of 166)

Rank in course/Women: 63 (of 78)

Best time in course: 27:55

Rank in category: 10(of 14)

Best time in the category: 33:34