



### 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

#### Detailed evaluation

Goldstein, Alexandra

Club: Mainz

Number: 120

Course: 6.00 km

6 km Run

Category:

Frauen W30

Total time: 41:37

Speed: 8.65 km/h

Running performance: 6:56 min/km

Rank in course/Total: 153 (of 166)

Rank in course/Women: 68 (of 78)

Best time in course: 27:55

Rank in category: 8(of 8)

Best time in the category: 28:33