



### 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

#### Detailed evaluation

**Volz, Stephan**

Club: Berg

Number: 69

Course: 6.00 km

6 km Run

Category:

Männer M20

Total time: 44:47

Speed: 8.04 km/h

Running performance: 7:28 min/km

Rank in course/Total: 160 (of 166)

Rank in course/Men: 86 (of 88)

Best time in course: 21:05

Rank in category: 13(of 14)

Best time in the category: 23:42