



### 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

#### Detailed evaluation

**Ritter, Helga**

Club: LG Muli

Number: 144

Course: 6.00 km

6 km Run

Category:

Frauen W45

Total time: 47:54

Speed: 7.52 km/h

Running performance: 7:59 min/km

Rank in course/Total: 163 (of 166)

Rank in course/Women: 77 (of 78)

Best time in course: 27:55

Rank in category: 13(of 13)

Best time in the category: 30:12