



### 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

#### Detailed evaluation

Ritter, Marc

Club: LG Muli

Number: 78

Course: 6.00 km

6 km Run

Category:

Männer M40

Total time: 47:55

Speed: 7.51 km/h

Running performance: 7:59 min/km

Rank in course/Total: 164 (of 166)

Rank in course/Men: 87 (of 88)

Best time in course: 21:05

Rank in category: 17(of 17)

Best time in the category: 21:05