



### 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

#### Detailed evaluation

**Ayan, Steve**

Club: Heidelberg

Number: 575

Course: 12.00 km

12 km Run

Category:

Männer M35

Total time: 48:34

Speed: 14.82 km/h

Running performance: 4:03 min/km

Rank in course/Total: 7 (of 207)

Rank in course/Men: 7 (of 155)

Best time in course: 42:50

Rank in category: 1(of 23)

Best time in the category: 48:34