



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Hirsch, Wolfgang

Club: Löwen Lauf Team

Number: 507

Course: 12.00 km

12 km Run

Category:

Männer M55

Total time: 49:39

Speed: 14.50 km/h

Running performance: 4:08 min/km

Rank in course/Total: 9 (of 207)

Rank in course/Men: 9 (of 155)

Best time in course: 42:50

Rank in category: 1(of 15)

Best time in the category: 49:39