



### 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

#### Detailed evaluation

**Zeba, Rudolf**

Club: MTG Mannheim

Number: 505

Course: 12.00 km

12 km Run

Category:

Männer M55

Total time: 50:27

Speed: 14.27 km/h

Running performance: 4:12 min/km

Rank in course/Total: 10 (of 207)

Rank in course/Men: 10 (of 155)

Best time in course: 42:50

Rank in category: 2(of 15)

Best time in the category: 49:39