



### 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

#### Detailed evaluation

**de Jong, Peter**

Club: Löwen-Lauf-Team

Number: 497

Course: 12.00 km

12 km Run

Category:

Männer M60

Total time: 51:11

Speed: 14.07 km/h

Running performance: 4:16 min/km

Rank in course/Total: 13 (of 207)

Rank in course/Men: 13 (of 155)

Best time in course: 42:50

Rank in category: 1(of 5)

Best time in the category: 51:11