



## 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

### Detailed evaluation

**Fröhlich, Ralf**

Club: Mannheim

Number: 543

Course: 12.00 km

12 km Run

Category:

Männer M40

Total time: 51:14

Speed: 14.05 km/h

Running performance: 4:16 min/km

Rank in course/Total: 14 (of 207)

Rank in course/Men: 14 (of 155)

Best time in course: 42:50

Rank in category: 2(of 31)

Best time in the category: 42:50