



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Person, Rainer

Club: Team Adrenalin

Number: 329

Course: 12.00 km

12 km Run

Category:

Männer M45

Total time: 51:29

Speed: 13.99 km/h

Running performance: 4:17 min/km

Rank in course/Total: 16 (of 207)

Rank in course/Men: 16 (of 155)

Best time in course: 42:50

Rank in category: 2(of 25)

Best time in the category: 48:43