



## 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

### Detailed evaluation

**Nullmeyer, Alfred**

Club: SOS Marathon-Team Schriesheim

Number: 392

Course: 12.00 km

12 km Run

Category:

Männer M45

Total time: 51:57

Speed: 13.86 km/h

Running performance: 4:20 min/km

Rank in course/Total: 18 (of 207)

Rank in course/Men: 18 (of 155)

Best time in course: 42:50

Rank in category: 3(of 25)

Best time in the category: 48:43