



### 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

#### Detailed evaluation

Ziegler, Thomas

Club: Brühl

Number: 341

Course: 12.00 km

12 km Run

Category:

Männer M40

Total time: 52:01

Speed: 13.84 km/h

Running performance: 4:20 min/km

Rank in course/Total: 19 (of 207)

Rank in course/Men: 19 (of 155)

Best time in course: 42:50

Rank in category: 5(of 31)

Best time in the category: 42:50