



### 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

#### Detailed evaluation

**Schwer, Bernd**

Club: MC Ilvesheim

Number: 529

Course: 12.00 km

12 km Run

Category:

Männer M45

Total time: 53:04

Speed: 13.57 km/h

Running performance: 4:25 min/km

Rank in course/Total: 23 (of 207)

Rank in course/Men: 23 (of 155)

Best time in course: 42:50

Rank in category: 4(of 25)

Best time in the category: 48:43