



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Semmet, Tobias

Club: Mannheim

Number: 455

Course: 12.00 km

12 km Run

Category:

Männer M30

Total time: 53:14

Speed: 13.53 km/h

Running performance: 4:26 min/km

Rank in course/Total: 24 (of 207)

Rank in course/Men: 24 (of 155)

Best time in course: 42:50

Rank in category: 4(of 8)

Best time in the category: 46:53