



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Antes, Michael

Club: Wald- und SportKiga

Number: 516

Course: 12.00 km

12 km Run

Category:

Männer M50

Total time: 53:58

Speed: 13.34 km/h

Running performance: 4:30 min/km

Rank in course/Total: 28 (of 207)

Rank in course/Men: 28 (of 155)

Best time in course: 42:50

Rank in category: 4(of 23)

Best time in the category: 45:29