



## 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

### Detailed evaluation

**Austermann, Roland**

Club: der schnelle Blitz

Number: 434

Course: 12.00 km

12 km Run

Category:

Männer M35

Total time: 54:32

Speed: 13.20 km/h

Running performance: 4:32 min/km

Rank in course/Total: 32 (of 207)

Rank in course/Men: 32 (of 155)

Best time in course: 42:50

Rank in category: 3(of 23)

Best time in the category: 48:34