



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Yaman, Senol

Club: Nordbadenlaufftreff

Number: 303

Course: 12.00 km

12 km Run

Category:

Männer M35

Total time: 54:35

Speed: 13.19 km/h

Running performance: 4:33 min/km

Rank in course/Total: 33 (of 207)

Rank in course/Men: 33 (of 155)

Best time in course: 42:50

Rank in category: 4(of 23)

Best time in the category: 48:34