



### 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

#### Detailed evaluation

thaysen, grethe

Club: Löwen Lauf Team

Number: 471

Course: 12.00 km

12 km Run

Category:

Frauen W45

Total time: 55:03

Speed: 13.08 km/h

Running performance: 4:35 min/km

Rank in course/Total: 36 (of 207)

Rank in course/Women: 1 (of 52)

Best time in course: 55:03

Rank in category: 1(of 13)

Best time in the category: 55:03