



### 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

#### Detailed evaluation

**Schmädeke, Stefan**

Club: Mannheim

Number: 567

Course: 12.00 km

12 km Run

Category:

Männer M35

Total time: 55:10

Speed: 13.05 km/h

Running performance: 4:36 min/km

Rank in course/Total: 39 (of 207)

Rank in course/Men: 38 (of 155)

Best time in course: 42:50

Rank in category: 6(of 23)

Best time in the category: 48:34