



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Christmann, Thomas

Club: THW Mannheim

Number: 440

Course: 12.00 km

12 km Run

Category:

Männer M20

Total time: 55:13

Speed: 13.04 km/h

Running performance: 4:36 min/km

Rank in course/Total: 40 (of 207)

Rank in course/Men: 39 (of 155)

Best time in course: 42:50

Rank in category: 5(of 16)

Best time in the category: 48:19