



## 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

### Detailed evaluation

**Black, Michael**

Club: PSV Mannheim

Number: 548

Course: 12.00 km

12 km Run

Category:

Männer M40

Total time: 55:19

Speed: 13.02 km/h

Running performance: 4:37 min/km

Rank in course/Total: 41 (of 207)

Rank in course/Men: 40 (of 155)

Best time in course: 42:50

Rank in category: 10(of 31)

Best time in the category: 42:50