



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Gack, Sabine

Club: LT TV Schwetzingen

Number: 406

Course: 12.00 km

12 km Run

Category:

Frauen W40

Total time: 55:52

Speed: 12.89 km/h

Running performance: 4:40 min/km

Rank in course/Total: 46 (of 207)

Rank in course/Women: 2 (of 52)

Best time in course: 55:03

Rank in category: 1(of 7)

Best time in the category: 55:52