



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Krauss, Rolf

Club: Kurpfalz Team

Number: 501

Course: 12.00 km

12 km Run

Category:

Männer M55

Total time: 55:55

Speed: 12.88 km/h

Running performance: 4:40 min/km

Rank in course/Total: 47 (of 207)

Rank in course/Men: 45 (of 155)

Best time in course: 42:50

Rank in category: 4(of 15)

Best time in the category: 49:39