



## 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

### Detailed evaluation

**Gottwald, Franz**

Club: Mannheim

Number: 530

Course: 12.00 km

12 km Run

Category:

Männer M45

Total time: 56:09

Speed: 12.82 km/h

Running performance: 4:41 min/km

Rank in course/Total: 49 (of 207)

Rank in course/Men: 46 (of 155)

Best time in course: 42:50

Rank in category: 7(of 25)

Best time in the category: 48:43