



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Arnold, Richard

Club: Mannheim

Number: 338

Course: 12.00 km

12 km Run

Category:

Männer M40

Total time: 56:21

Speed: 12.78 km/h

Running performance: 4:42 min/km

Rank in course/Total: 50 (of 207)

Rank in course/Men: 47 (of 155)

Best time in course: 42:50

Rank in category: 11(of 31)

Best time in the category: 42:50