



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Dr. Rohde, Thorsten

Club: Eris Inc.

Number: 579

Course: 12.00 km

12 km Run

Category:

Männer M35

Total time: 56:25

Speed: 12.76 km/h

Running performance: 4:42 min/km

Rank in course/Total: 51 (of 207)

Rank in course/Men: 48 (of 155)

Best time in course: 42:50

Rank in category: 7(of 23)

Best time in the category: 48:34