



## 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

### Detailed evaluation

**Heinze, Ulrich**

Club: Mannheim

Number: 493

Course: 12.00 km

12 km Run

Category:

Männer M65

Total time: 56:45

Speed: 12.69 km/h

Running performance: 4:44 min/km

Rank in course/Total: 55 (of 207)

Rank in course/Men: 52 (of 155)

Best time in course: 42:50

Rank in category: 1(of 3)

Best time in the category: 56:45