



### 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

#### Detailed evaluation

**Maurer, Hans**

Club: TaeKwon-Do-Club Mannheim

Number: 445

Course: 12.00 km

12 km Run

Category:

Männer M55

Total time: 58:47

Speed: 12.25 km/h

Running performance: 4:54 min/km

Rank in course/Total: 69 (of 207)

Rank in course/Men: 63 (of 155)

Best time in course: 42:50

Rank in category: 5(of 15)

Best time in the category: 49:39