



### 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

#### Detailed evaluation

Zund, Rainer

Club: Brühl

Number: 452

Course: 12.00 km

12 km Run

Category:

Männer M40

Total time: 59:19

Speed: 12.14 km/h

Running performance: 4:56 min/km

Rank in course/Total: 74 (of 207)

Rank in course/Men: 68 (of 155)

Best time in course: 42:50

Rank in category: 14(of 31)

Best time in the category: 42:50