



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Deuster, Roman

Club: Die Neckarauer

Number: 540

Course: 12.00 km

12 km Run

Category:

Männer M40

Total time: 1:00:34

Speed: 11.89 km/h

Running performance: 5:03 min/km

Rank in course/Total: 84 (of 207)

Rank in course/Men: 77 (of 155)

Best time in course: 42:50

Rank in category: 16(of 31)

Best time in the category: 42:50