



### 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

#### Detailed evaluation

**Koba, Roman**

Club: Mannheim

Number: 533

Course: 12.00 km

12 km Run

Category:

Männer M45

Total time: 1:00:35

Speed: 11.88 km/h

Running performance: 5:03 min/km

Rank in course/Total: 85 (of 207)

Rank in course/Men: 78 (of 155)

Best time in course: 42:50

Rank in category: 12(of 25)

Best time in the category: 48:43