



### 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

#### Detailed evaluation

Hernandez, Javier

Club: Mannheim

Number: 519

Course: 12.00 km

12 km Run

Category:

Männer M50

Total time: 1:00:49

Speed: 11.84 km/h

Running performance: 5:04 min/km

Rank in course/Total: 89 (of 207)

Rank in course/Men: 82 (of 155)

Best time in course: 42:50

Rank in category: 10(of 23)

Best time in the category: 45:29