



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Neumann, Dirk

Club: Mannheim

Number: 531

Course: 12.00 km

12 km Run

Category:

Männer M45

Total time: 1:00:51

Speed: 11.83 km/h

Running performance: 5:04 min/km

Rank in course/Total: 91 (of 207)

Rank in course/Men: 84 (of 155)

Best time in course: 42:50

Rank in category: 13(of 25)

Best time in the category: 48:43