



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Ekkehard, Juchheim

Club: LT Fitropolis Heidelberg

Number: 428

Course: 12.00 km

12 km Run

Category:

Männer M45

Total time: 1:01:07

Speed: 11.78 km/h

Running performance: 5:05 min/km

Rank in course/Total: 94 (of 207)

Rank in course/Men: 87 (of 155)

Best time in course: 42:50

Rank in category: 14(of 25)

Best time in the category: 48:43