



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Retzlaff, Michael

Club: Bobenheim-Roxheim

Number: 544

Course: 12.00 km

12 km Run

Category:

Männer M40

Total time: 1:02:14

Speed: 11.57 km/h

Running performance: 5:11 min/km

Rank in course/Total: 103 (of 207)

Rank in course/Men: 95 (of 155)

Best time in course: 42:50

Rank in category: 19(of 31)

Best time in the category: 42:50