



## 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

### Detailed evaluation

**Ruß, Gabi**

Club: Engelhorn Sports Team

Number: 320

Course: 12.00 km

12 km Run

Category:

Frauen W50

Total time: 1:02:21

Speed: 11.55 km/h

Running performance: 5:12 min/km

Rank in course/Total: 104 (of 207)

Rank in course/Women: 9 (of 52)

Best time in course: 55:03

Rank in category: 1(of 5)

Best time in the category: 1:02:21