



### 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

#### Detailed evaluation

**Thomas, Ekkehard**

Club: Rolls Angels Heddesheim  
Number: 525

Course: 12.00 km  
12 km Run

Category:  
Männer M45

Total time: 1:02:52

Speed: 11.45 km/h  
Running performance: 5:14 min/km

Rank in course/Total: 107 (of 207)

Rank in course/Men: 97 (of 155)

Best time in course: 42:50

Rank in category: 17(of 25)

Best time in the category: 48:43