



### 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

#### Detailed evaluation

**Schneider, Manfred**

Club: Laktat

Number: 510

Course: 12.00 km

12 km Run

Category:

Männer M55

Total time: 1:03:14

Speed: 11.39 km/h

Running performance: 5:16 min/km

Rank in course/Total: 109 (of 207)

Rank in course/Men: 99 (of 155)

Best time in course: 42:50

Rank in category: 10(of 15)

Best time in the category: 49:39