



## 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

### Detailed evaluation

**Schnell, Thomas**

Club: ILaktat

Number: 563

Course: 12.00 km

12 km Run

Category:

Männer M40

Total time: 1:03:15

Speed: 11.38 km/h

Running performance: 5:16 min/km

Rank in course/Total: 110 (of 207)

Rank in course/Men: 100 (of 155)

Best time in course: 42:50

Rank in category: 20(of 31)

Best time in the category: 42:50