



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Semmler, Hans-Jürgen

Club: Engelhorn Sports Team

Number: 316

Course: 12.00 km

12 km Run

Category:

Männer M45

Total time: 1:03:25

Speed: 11.35 km/h

Running performance: 5:17 min/km

Rank in course/Total: 112 (of 207)

Rank in course/Men: 102 (of 155)

Best time in course: 42:50

Rank in category: 19(of 25)

Best time in the category: 48:43