



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Heintz, Stefan

Club: Mannheim

Number: 545

Course: 12.00 km

12 km Run

Category:

Männer M40

Total time: 1:03:42

Speed: 11.30 km/h

Running performance: 5:19 min/km

Rank in course/Total: 114 (of 207)

Rank in course/Men: 104 (of 155)

Best time in course: 42:50

Rank in category: 21(of 31)

Best time in the category: 42:50