



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Anstett, Sulamith

Club: Mannheim

Number: 386

Course: 12.00 km

12 km Run

Category:

Frauen W30

Total time: 1:03:52

Speed: 11.27 km/h

Running performance: 5:19 min/km

Rank in course/Total: 116 (of 207)

Rank in course/Women: 11 (of 52)

Best time in course: 55:03

Rank in category: 2(of 8)

Best time in the category: 57:38