



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Spiegel, Michael

Club: Mannheim

Number: 559

Course: 12.00 km

12 km Run

Category:

Männer M40

Total time: 1:05:41

Speed: 10.96 km/h

Running performance: 5:28 min/km

Rank in course/Total: 127 (of 207)

Rank in course/Men: 114 (of 155)

Best time in course: 42:50

Rank in category: 24(of 31)

Best time in the category: 42:50