



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Franz, Matthias

Club: Mannheim

Number: 500

Course: 12.00 km

12 km Run

Category:

Männer M55

Total time: 1:06:20

Speed: 10.85 km/h

Running performance: 5:32 min/km

Rank in course/Total: 132 (of 207)

Rank in course/Men: 118 (of 155)

Best time in course: 42:50

Rank in category: 12(of 15)

Best time in the category: 49:39