



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Strobel, Sonja

Club: MTG Running

Number: 474

Course: 12.00 km

12 km Run

Category:

Frauen W40

Total time: 1:06:20

Speed: 10.85 km/h

Running performance: 5:32 min/km

Rank in course/Total: 133 (of 207)

Rank in course/Women: 15 (of 52)

Best time in course: 55:03

Rank in category: 4(of 7)

Best time in the category: 55:52