



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Strenger, Sandra

Club: Mannheim

Number: 408

Course: 12.00 km

12 km Run

Category:

Frauen W20

Total time: 1:07:14

Speed: 10.71 km/h

Running performance: 5:36 min/km

Rank in course/Total: 141 (of 207)

Rank in course/Women: 20 (of 52)

Best time in course: 55:03

Rank in category: 3(of 7)

Best time in the category: 57:20