



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Adelmann, Rolf

Club: Mannheim

Number: 389

Course: 12.00 km

12 km Run

Category:

Männer M50

Total time: 1:08:22

Speed: 10.53 km/h

Running performance: 5:42 min/km

Rank in course/Total: 147 (of 207)

Rank in course/Men: 125 (of 155)

Best time in course: 42:50

Rank in category: 16(of 23)

Best time in the category: 45:29