



## 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

### Detailed evaluation

**Sitek, Dagmar**

Club: LT Fitropolis Heidelberg

Number: 381

Course: 12.00 km

12 km Run

Category:

Frauen W40

Total time: 1:09:13

Speed: 10.40 km/h

Running performance: 5:46 min/km

Rank in course/Total: 151 (of 207)

Rank in course/Women: 25 (of 52)

Best time in course: 55:03

Rank in category: 7(of 7)

Best time in the category: 55:52