



### 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

#### Detailed evaluation

**Ofenloch, Karin**

Club: Mannheim

Number: 377

Course: 12.00 km

12 km Run

Category:

Frauen W50

Total time: 1:09:14

Speed: 10.40 km/h

Running performance: 5:46 min/km

Rank in course/Total: 153 (of 207)

Rank in course/Women: 27 (of 52)

Best time in course: 55:03

Rank in category: 2(of 5)

Best time in the category: 1:02:21