



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Knecht, Monika

Club: Fitplus Heddesheim

Number: 462

Course: 12.00 km

12 km Run

Category:

Frauen W55

Total time: 1:09:58

Speed: 10.29 km/h

Running performance: 5:50 min/km

Rank in course/Total: 159 (of 207)

Rank in course/Women: 30 (of 52)

Best time in course: 55:03

Rank in category: 1(of 1)

Best time in the category: 1:09:58