



## 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

### Detailed evaluation

**Haas, Mike**

Club: Mannheim

Number: 450

Course: 12.00 km

12 km Run

Category:

Männer M45

Total time: 1:10:35

Speed: 10.20 km/h

Running performance: 5:53 min/km

Rank in course/Total: 161 (of 207)

Rank in course/Men: 131 (of 155)

Best time in course: 42:50

Rank in category: 23(of 25)

Best time in the category: 48:43