



### 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

#### Detailed evaluation

**Hock, Melanie**

Club: Mannheim

Number: 486

Course: 12.00 km

12 km Run

Category:

Frauen W20

Total time: 1:10:46

Speed: 10.17 km/h

Running performance: 5:54 min/km

Rank in course/Total: 163 (of 207)

Rank in course/Women: 32 (of 52)

Best time in course: 55:03

Rank in category: 4(of 7)

Best time in the category: 57:20