



## 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

### Detailed evaluation

Hirschmann, Uwe

Club: Mannheim

Number: 430

Course: 12.00 km

12 km Run

Category:

Männer M40

Total time: 1:10:48

Speed: 10.17 km/h

Running performance: 5:54 min/km

Rank in course/Total: 164 (of 207)

Rank in course/Men: 132 (of 155)

Best time in course: 42:50

Rank in category: 28(of 31)

Best time in the category: 42:50