



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Zilles, Werner

Club: Mannheim

Number: 376

Course: 12.00 km

12 km Run

Category:

Männer M65

Total time: 1:11:25

Speed: 10.08 km/h

Running performance: 5:57 min/km

Rank in course/Total: 165 (of 207)

Rank in course/Men: 133 (of 155)

Best time in course: 42:50

Rank in category: 2(of 3)

Best time in the category: 56:45