



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Kern, Conny

Club: LT Karlstern

Number: 467

Course: 12.00 km

12 km Run

Category:

Frauen W45

Total time: 1:14:00

Speed: 9.73 km/h

Running performance: 6:10 min/km

Rank in course/Total: 173 (of 207)

Rank in course/Women: 37 (of 52)

Best time in course: 55:03

Rank in category: 11(of 13)

Best time in the category: 55:03