



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Fischer, Uwe

Club: Mannheim

Number: 523

Course: 12.00 km

12 km Run

Category:

Männer M45

Total time: 1:15:05

Speed: 9.59 km/h

Running performance: 6:16 min/km

Rank in course/Total: 178 (of 207)

Rank in course/Men: 140 (of 155)

Best time in course: 42:50

Rank in category: 24(of 25)

Best time in the category: 48:43