



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Schöne, Martin

Club: Mannheim

Number: 586

Course: 12.00 km

12 km Run

Category:

Männer M30

Total time: 1:15:10

Speed: 9.58 km/h

Running performance: 6:16 min/km

Rank in course/Total: 179 (of 207)

Rank in course/Men: 141 (of 155)

Best time in course: 42:50

Rank in category: 7(of 8)

Best time in the category: 46:53