



## 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

### Detailed evaluation

**Saad, Nadja**

Club: CBESSC

Number: 335

Course: 12.00 km

12 km Run

Category:

Frauen W30

Total time: 1:16:24

Speed: 9.42 km/h

Running performance: 6:22 min/km

Rank in course/Total: 181 (of 207)

Rank in course/Women: 40 (of 52)

Best time in course: 55:03

Rank in category: 6(of 8)

Best time in the category: 57:38