



### 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

#### Detailed evaluation

**Kastner, Stephan**

Club: Mannheim

Number: 584

Course: 12.00 km

12 km Run

Category:

Männer M30

Total time: 1:17:15

Speed: 9.32 km/h

Running performance: 6:26 min/km

Rank in course/Total: 182 (of 207)

Rank in course/Men: 142 (of 155)

Best time in course: 42:50

Rank in category: 8(of 8)

Best time in the category: 46:53