



### 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

#### Detailed evaluation

**Hardt, Yonna**

Club: Mannheim

Number: 419

Course: 12.00 km

12 km Run

Category:

Frauen W20

Total time: 1:17:31

Speed: 9.29 km/h

Running performance: 6:28 min/km

Rank in course/Total: 185 (of 207)

Rank in course/Women: 41 (of 52)

Best time in course: 55:03

Rank in category: 6(of 7)

Best time in the category: 57:20