



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Cochanski, Robert

Club: Mannheim

Number: 438

Course: 12.00 km

12 km Run

Category:

Männer M20

Total time: 1:17:36

Speed: 9.28 km/h

Running performance: 6:28 min/km

Rank in course/Total: 186 (of 207)

Rank in course/Men: 145 (of 155)

Best time in course: 42:50

Rank in category: 15(of 16)

Best time in the category: 48:19