



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Plathe, Martin

Club: Freundeskreis

Number: 388

Course: 12.00 km

12 km Run

Category:

Männer M55

Total time: 1:17:39

Speed: 9.27 km/h

Running performance: 6:28 min/km

Rank in course/Total: 187 (of 207)

Rank in course/Men: 146 (of 155)

Best time in course: 42:50

Rank in category: 14(of 15)

Best time in the category: 49:39