



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Gross, Silvia

Club: Mannheim

Number: 472

Course: 12.00 km

12 km Run

Category:

Frauen W45

Total time: 1:18:32

Speed: 9.17 km/h

Running performance: 6:32 min/km

Rank in course/Total: 189 (of 207)

Rank in course/Women: 43 (of 52)

Best time in course: 55:03

Rank in category: 13(of 13)

Best time in the category: 55:03