



### 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

#### Detailed evaluation

**Kempf, Wolfgang**

Club: LC DJK Mannheim

Number: 495

Course: 12.00 km

12 km Run

Category:

Männer M60

Total time: 1:19:38

Speed: 9.04 km/h

Running performance: 6:38 min/km

Rank in course/Total: 192 (of 207)

Rank in course/Men: 148 (of 155)

Best time in course: 42:50

Rank in category: 5(of 5)

Best time in the category: 51:11