



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Pissarski, Sebastian

Club: DJK Vogelstang

Number: 404

Course: 12.00 km

12 km Run

Category:

Männer M20

Total time: 1:19:49

Speed: 9.02 km/h

Running performance: 6:39 min/km

Rank in course/Total: 195 (of 207)

Rank in course/Men: 149 (of 155)

Best time in course: 42:50

Rank in category: 16(of 16)

Best time in the category: 48:19