



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Schreiner, Wolfgang

Club: Nordbadenlaufftreff

Number: 447

Course: 12.00 km

12 km Run

Category:

Männer M55

Total time: 1:21:55

Speed: 8.79 km/h

Running performance: 6:50 min/km

Rank in course/Total: 197 (of 207)

Rank in course/Men: 150 (of 155)

Best time in course: 42:50

Rank in category: 15(of 15)

Best time in the category: 49:39