



### 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

#### Detailed evaluation

Freudenmacher, Martina

Club: Mannheim

Number: 477

Course: 12.00 km

12 km Run

Category:

Frauen W35

Total time: 1:22:28

Speed: 8.73 km/h

Running performance: 6:52 min/km

Rank in course/Total: 198 (of 207)

Rank in course/Women: 48 (of 52)

Best time in course: 55:03

Rank in category: 8(of 8)

Best time in the category: 1:02:41