



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Kyas, Lydia

Club: Mannheim

Number: 442

Course: 12.00 km

12 km Run

Category:

Frauen W50

Total time: 1:23:28

Speed: 8.63 km/h

Running performance: 6:58 min/km

Rank in course/Total: 202 (of 207)

Rank in course/Women: 50 (of 52)

Best time in course: 55:03

Rank in category: 4(of 5)

Best time in the category: 1:02:21