



## 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

### Detailed evaluation

Röthinger, Esther

Club: Mannheim

Number: 481

Course: 12.00 km

12 km Run

Category:

Frauen W30

Total time: 1:26:22

Speed: 8.34 km/h

Running performance: 7:12 min/km

Rank in course/Total: 205 (of 207)

Rank in course/Women: 51 (of 52)

Best time in course: 55:03

Rank in category: 8(of 8)

Best time in the category: 57:38