



## 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

### Detailed evaluation

**Messerschmitt, Volker**

Club: TV Rheinau

Number: 549

Course: 12.00 km

12 km Run

Category:

Männer M40

Total time: 51:24

Speed: 14.01 km/h

Running performance: 4:17 min/km

Rank in course/Total: 15 (of 207)

Rank in course/Men: 15 (of 155)

Best time in course: 42:50

Rank in category: 3(of 31)

Best time in the category: 42:50