



### 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

#### Detailed evaluation

**Rohland, Kai**

Club: 1. BadmitonClub Viernheim  
Number: 555

Course: 12.00 km  
12 km Run

Category:  
Männer M40

Total time: 56:26

Speed: 12.76 km/h  
Running performance: 4:42 min/km

Rank in course/Total: 52 (of 207)

Rank in course/Men: 49 (of 155)

Best time in course: 42:50

Rank in category: 12(of 31)

Best time in the category: 42:50