



### 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

#### Detailed evaluation

**Hempel, Ralf**

Club: Mannheim

Number: 41

Course: 6.00 km

6 km Walk

Category:

Walking/ Nordic Walking Männer

Total time: 46:44

Speed: 7.70 km/h

Running performance: 7:47 min/km

Rank in course/Total: 13 (of 61)

Rank in course/Men: 7 (of 15)

Best time in course: 40:41

Rank in category: 7(of 15)

Best time in the category: 40:41