



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Hempel, Ralf

Club: Mannheim

Number: 801

Course: 7.00 km

7 km Walk

Category:

Walking/ Nordic Walking Männer

Total time: 55:03

Speed: 7.63 km/h

Running performance: 7:52 min/km

Rank in course/Total: 5 (of 16)

Rank in course/Men: 2 (of 4)

Best time in course: 53:08

Rank in category: 2(of 4)

Best time in the category: 53:08