



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Groß, Frank

Club: Grand Hand  
Number: 815

Course: 6.00 km  
6 km Walk

Category:

Walking/ Nordic Walking Männer

Total time: 48:10

Speed: 7.47 km/h

Running performance: 8:02 min/km

Rank in course/Total: 6 (of 20)

Rank in course/Men: 4 (of 7)

Best time in course: 47:12

Rank in category: 4(of 7)

Best time in the category: 47:12