



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

**Hennig, Rainer**

Club: Grand Hand  
Number: 818

Course: 6.00 km  
6 km Walk

Category:

Walking/ Nordic Walking Männer

Total time: 51:41

Speed: 6.97 km/h

Running performance: 8:37 min/km

Rank in course/Total: 16 (of 20)

Rank in course/Men: 5 (of 7)

Best time in course: 47:12

Rank in category: 5(of 7)

Best time in the category: 47:12