

# **The Mechanics Of Sprinting And Hurdling By Dr. Ralph Mann Ph.D.**

**By Dr. Ralph Mann Ph.D.**

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Jun 17, 2011 Asafa Powell, Carl Lewis, and Jarvid Best. Commentary by Darrick Ware.

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Dr. Ralph Mann is a pioneer in conducting sports research, and using these results to produce computer-based teaching  
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Sprinting and Hurdling. Ralph  
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1963, Mathematics, 392 pages.

Ralph Mann (Ralph Vernon Mann; born was an American athlete who competed mainly in the 400 meter hurdles. This book  
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