



## 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

### Detailed evaluation

**Albat, Nora**

Club: Mannheim

Number: 235

Course: 6.00 km

6 km Walk

Category:

Walking/ Nordic Walking

Total time: 53:09

Speed: 6.77 km/h

Running performance: 8:52 min/km

Rank in course/Total: 42 (of 61)

Rank in course/Women: 28 (of 46)

Best time in course: 42:15

Rank in category: 28(of 46)

Best time in the category: 42:15