



### 3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

#### Detailed evaluation

**Porath, Isabel**

Club: Mannheim

Number: 46

Course: 6.00 km

6 km Walk

Category:

Walking/ Nordic Walking

Total time: 42:54

Speed: 8.39 km/h

Running performance: 7:09 min/km

Rank in course/Total: 5 (of 61)

Rank in course/Women: 2 (of 46)

Best time in course: 42:15

Rank in category: 2(of 46)

Best time in the category: 42:15