



3. Grüner Karlsternlauf - Mannheims Waldlauf

Mannheim / 08.06.2008

Detailed evaluation

Quartarone-Seitz, Sandra

Club: Mannheim

Number: 311

Course: 6.00 km

6 km Walk

Category:

Walking/ Nordic Walking

Total time: 43:54

Speed: 8.20 km/h

Running performance: 7:19 min/km

Rank in course/Total: 7 (of 61)

Rank in course/Women: 3 (of 46)

Best time in course: 42:15

Rank in category: 3(of 46)

Best time in the category: 42:15