



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Malischewski, Nadja**

Club: TSV MA - Schönau

Number: 288

Course: 5.57 km

6 km Run

Category:

Frauen W20

Total time: 31:50

Speed: 9.42 km/h

Running performance: 5:43 min/km

Rank in course/Total: 97 (of 158)

Rank in course/Women: 21 (of 54)

Best time in course: 25:46

Rank in category: 7(of 10)

Best time in the category: 26:53