



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Porath, Isabel**

Club: Mannheim

Number: 803

Course: 7.00 km

7 km Walk

Category:

Walking/ Nordic Walking

Total time: 51:13

Speed: 8.20 km/h

Running performance: 7:19 min/km

Rank in course/Total: 1 (of 16)

Rank in course/Women: 1 (of 12)

Best time in course: 51:13

Rank in category: 1(of 12)

Best time in the category: 51:13