



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Roth, Ruth

Club: TV-Rheinau-Walking

Number: 843

Course: 7.00 km

7 km Walk

Category:

Walking/ Nordic Walking

Total time: 51:49

Speed: 8.11 km/h

Running performance: 7:24 min/km

Rank in course/Total: 2 (of 16)

Rank in course/Women: 2 (of 12)

Best time in course: 51:13

Rank in category: 2(of 12)

Best time in the category: 51:13