



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Quartarone-Seitz, Sandra

Club: Rheinau

Number: 844

Course: 7.00 km

7 km Walk

Category:

Walking/ Nordic Walking

Total time: 53:45

Speed: 7.81 km/h

Running performance: 7:41 min/km

Rank in course/Total: 4 (of 16)

Rank in course/Women: 3 (of 12)

Best time in course: 51:13

Rank in category: 3(of 12)

Best time in the category: 51:13