



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

Herschmann, Kurt

Club: Ski-Club Mannheim 1906 e. V.

Number: 813

Course: 7.00 km

7 km Nordic Walk

Category:

Walking/ Nordic Walking Männer

Total time: 54:08

Speed: 7.76 km/h

Running performance: 7:44 min/km

Rank in course/Total: 3 (of 24)

Rank in course/Men: 3 (of 7)

Best time in course: 50:35

Rank in category: 3(of 7)

Best time in the category: 50:35