



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

#### Schneider, Manfred

Club: Ski-Club Mannheim 1906 e. V.

Number: 812

Course: 7.00 km

7 km Nordic Walk

Category:

Walking/ Nordic Walking Männer

Total time: 54:50

Speed: 7.66 km/h

Running performance: 7:50 min/km

Rank in course/Total: 4 (of 24)

Rank in course/Men: 4 (of 7)

Best time in course: 50:35

Rank in category: 4(of 7)

Best time in the category: 50:35