



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

#### Jankowiak, Malgorzata

Club: Mannheim

Number: 824

Course: 7.00 km

7 km Nordic Walk

Category:

Walking/ Nordic Walking

Total time: 55:19

Speed: 7.59 km/h

Running performance: 7:54 min/km

Rank in course/Total: 5 (of 24)

Rank in course/Women: 1 (of 17)

Best time in course: 55:19

Rank in category: 1(of 17)

Best time in the category: 55:19