



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

schmidt, monika

Club: Mannheim

Number: 830

Course: 7.00 km

7 km Nordic Walk

Category:

Walking/ Nordic Walking

Total time: 57:27

Speed: 7.31 km/h

Running performance: 8:13 min/km

Rank in course/Total: 8 (of 24)

Rank in course/Women: 3 (of 17)

Best time in course: 55:19

Rank in category: 3(of 17)

Best time in the category: 55:19