



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

Harm, Theresia

Club: Mannheim

Number: 828

Course: 7.00 km

7 km Nordic Walk

Category:

Walking/ Nordic Walking

Total time: 57:54

Speed: 7.25 km/h

Running performance: 8:16 min/km

Rank in course/Total: 9 (of 24)

Rank in course/Women: 4 (of 17)

Best time in course: 55:19

Rank in category: 4(of 17)

Best time in the category: 55:19