



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Bauder, Christiane**

Club: Mannheim

Number: 820

Course: 7.00 km

7 km Nordic Walk

Category:

Walking/ Nordic Walking

Total time: 59:13

Speed: 7.09 km/h

Running performance: 8:28 min/km

Rank in course/Total: 12 (of 24)

Rank in course/Women: 6 (of 17)

Best time in course: 55:19

Rank in category: 6(of 17)

Best time in the category: 55:19