



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Bähr, Margit

Club: Mannheim

Number: 841

Course: 7.00 km

7 km Walk

Category:

Walking/ Nordic Walking

Total time: 1:00:28

Speed: 6.95 km/h

Running performance: 8:38 min/km

Rank in course/Total: 9 (of 16)

Rank in course/Women: 6 (of 12)

Best time in course: 51:13

Rank in category: 6(of 12)

Best time in the category: 51:13