



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Kolano-Madjarov, Claudia

Club: Mannheim

Number: 822

Course: 7.00 km

7 km Nordic Walk

Category:

Walking/ Nordic Walking

Total time: 1:00:46

Speed: 6.91 km/h

Running performance: 8:41 min/km

Rank in course/Total: 14 (of 24)

Rank in course/Women: 8 (of 17)

Best time in course: 55:19

Rank in category: 8(of 17)

Best time in the category: 55:19