



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Heiss, Maria

Club: Mannheim

Number: 804

Course: 7.00 km

7 km Walk

Category:

Walking/ Nordic Walking

Total time: 1:00:47

Speed: 6.91 km/h

Running performance: 8:41 min/km

Rank in course/Total: 11 (of 16)

Rank in course/Women: 8 (of 12)

Best time in course: 51:13

Rank in category: 8(of 12)

Best time in the category: 51:13