



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Heiss, Markus

Club: Mannheim

Number: 800

Course: 7.00 km

7 km Walk

Category:

Walking/ Nordic Walking Männer

Total time: 1:01:08

Speed: 6.87 km/h

Running performance: 8:44 min/km

Rank in course/Total: 12 (of 16)

Rank in course/Men: 4 (of 4)

Best time in course: 53:08

Rank in category: 4(of 4)

Best time in the category: 53:08