



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Madjarov, Rudolf

Number: 808

Course: 7.00 km
7 km Nordic Walk

Category:
Walking/ Nordic Walking Männer

Total time: 1:02:04

Speed: 6.77 km/h

Running performance: 8:52 min/km

Rank in course/Total: 15 (of 24)

Rank in course/Men: 7 (of 7)

Best time in course: 50:35

Rank in category: 7(of 7)

Best time in the category: 50:35