



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Nonn, Annette

Club: Mannheim

Number: 826

Course: 7.00 km

7 km Nordic Walk

Category:

Walking/ Nordic Walking

Total time: 1:04:16

Speed: 6.54 km/h

Running performance: 9:11 min/km

Rank in course/Total: 18 (of 24)

Rank in course/Women: 11 (of 17)

Best time in course: 55:19

Rank in category: 11(of 17)

Best time in the category: 55:19