



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Laudenbach, Andrea

Club: Maxdorf

Number: 842

Course: 7.00 km

7 km Walk

Category:

Walking/ Nordic Walking

Total time: 1:04:22

Speed: 6.53 km/h

Running performance: 9:12 min/km

Rank in course/Total: 15 (of 16)

Rank in course/Women: 11 (of 12)

Best time in course: 51:13

Rank in category: 11(of 12)

Best time in the category: 51:13