



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

**Drißler, Ruth**

Club: LG MuLi

Number: 831

Course: 7.00 km

7 km Nordic Walk

Category:

Walking/ Nordic Walking

Total time: 1:06:41

Speed: 6.30 km/h

Running performance: 9:32 min/km

Rank in course/Total: 20 (of 24)

Rank in course/Women: 13 (of 17)

Best time in course: 55:19

Rank in category: 13(of 17)

Best time in the category: 55:19