



## 4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

### Detailed evaluation

Schneider, Elke

Number: 819

Course: 7.00 km  
7 km Nordic Walk

Category:  
Walking/ Nordic Walking

Total time: 1:06:42

Speed: 6.30 km/h

Running performance: 9:32 min/km

Rank in course/Total: 21 (of 24)

Rank in course/Women: 14 (of 17)

Best time in course: 55:19

Rank in category: 14(of 17)

Best time in the category: 55:19