



4. Karlsternlauf Mannheim

Mannheim / 14.06.2009

Detailed evaluation

Nonn, Marion

Club: Mainz

Number: 825

Course: 7.00 km

7 km Nordic Walk

Category:

Walking/ Nordic Walking

Total time: 1:07:36

Speed: 6.21 km/h

Running performance: 9:40 min/km

Rank in course/Total: 22 (of 24)

Rank in course/Women: 15 (of 17)

Best time in course: 55:19

Rank in category: 15(of 17)

Best time in the category: 55:19