



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

Rasque, Anna

Club: LT BASF

Number: 832

Course: 6.00 km

6 km Nordic Walk

Category:

Walking/ Nordic Walking

Total time: 55:11

Speed: 6.52 km/h

Running performance: 9:12 min/km

Rank in course/Total: 6 (of 10)

Rank in course/Women: 4 (of 8)

Best time in course: 45:43

Rank in category: 4(of 8)

Best time in the category: 45:43