



5. Grüner Karlsternlauf  
Mannheim / 13.06.2010

Detailed evaluation

**Spielberger, Haike**

Club: Mannheim  
Number: 807

Course: 6.00 km  
6 km Nordic Walk

Category:  
Walking/ Nordic Walking

Total time: 1:02:56

Speed: 5.72 km/h  
Running performance: 10:29 min/km

Rank in course/Total: 8 (of 10)

Rank in course/Women: 6 (of 8)

Best time in course: 45:43

Rank in category: 6(of 8)

Best time in the category: 45:43