



Dorflauf Helmscheid  
Korbach-Helmscheid / 08.06.2013

## Detailed evaluation

**Strauß, Renate**

Club: TSV Flechtdorf  
Number: 221

Course: 4.70 km  
4,7 km Nordic Walking

Category:  
Frauen

Total time: 53:11

Speed: 4.51 km/h  
Running performance: 11:19 min/km

Rank in course/Total: 5 (of 5)

Rank in course/Women: 3 (of 5)

Best time in course: 53:09

Rank in category: 3(of 5)

Best time in the category: 53:09