



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Birkhahn, Bernd**

Club: -----

Number: 3

Course: 6.00 km  
6 km Nordic Walk

Category:  
Walking Männer

Total time: 43:19

Speed: 8.31 km/h

Running performance: 7:13 min/km

Rank in course/Total: 2 (of 21)

Rank in course/Men: 2 (of 5)

Best time in course: 40:18

Rank in category: 2(of 5)

Best time in the category: 40:18