



7. Karlsternlauf  
Mannheim / 16.06.2013

Detailed evaluation

König, Ingeborg

Club: Mannheim  
Number: 16

Course: 6.00 km  
6 km Nordic Walk

Category:  
Walking Frauen

Total time: 50:20

Speed: 7.15 km/h  
Running performance: 8:23 min/km

Rank in course/Total: 7 (of 21)  
Rank in course/Women: 4 (of 16)  
Best time in course: 48:47

Rank in category: 4(of 16)  
Best time in the category: 48:47