



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Scherf, Claudia**

Club: Mannheim  
Number: 639

Course: 6.00 km  
6 km Run

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 35:54

Speed: 10.03 km/h  
Running performance: 5:59 min/km

Rank in course/Total: 114 (of 204)

Rank in course/Women: 32 (of 92)

Best time in course: 23:50

Rank in category: 1(of 7)

Best time in the category: 35:54