



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Roth, Ruth**

Club: TV Rheinau 1893  
Number: 630

Course: 6.00 km  
6 km Run

Category:  
Seniorinnen W60 (60-64 Jahre)

Total time: 40:00

Speed: 9.00 km/h  
Running performance: 6:40 min/km

Rank in course/Total: 169 (of 204)

Rank in course/Women: 69 (of 92)

Best time in course: 23:50

Rank in category: 1(of 1)

Best time in the category: 40:00