



7. Karlsternlauf  
Mannheim / 16.06.2013

## Detailed evaluation

**Roland, Frauke**

Club: Mannheim  
Number: 1119

Course: 12.00 km  
12 km Run

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 1:06:49

Speed: 10.78 km/h  
Running performance: 5:34 min/km

Rank in course/Total: 109 (of 169)

Rank in course/Women: 14 (of 38)

Best time in course: 53:05

Rank in category: 5(of 10)

Best time in the category: 53:05