



12. Mühlhäuser Altstadtlauf  
Mühlhausen / 30.08.2008

Detailed evaluation

Fritzlar, Heike

Club: Mühlhausen  
Number: 1881

Course: 10.00 km  
Hauptlauf

Category:  
Frauen W40

Total time: 48:42

Speed: 12.32 km/h  
Running performance: 4:52 min/km

Rank in course/Total: 108 (of 202)

Rank in course/Women: 7 (of 41)

Best time in course: 38:12

Rank in category: 3(of 13)

Best time in the category: 41:07