



12. Mühlhäuser Altstadtlauf
Mühlhausen / 30.08.2008

Detailed evaluation

Rudolph, Astrid

Club: SV 1899 Mühlhausen
Number: 1888

Course: 10.00 km
Hauptlauf

Category:
Frauen W45

Total time: 52:56

Speed: 11.34 km/h
Running performance: 5:17 min/km

Rank in course/Total: 160 (of 202)

Rank in course/Women: 23 (of 41)

Best time in course: 38:12

Rank in category: 4(of 5)

Best time in the category: 43:02