



13. Mühlhäuser Altstadtlauf  
Mühlhausen / 05.09.2009

Detailed evaluation

Hesse, Kerstin

Club: Runingclinic

Number: 1289

Course: 5.00 km

5 km-Lauf

Category:

Frauen

Total time: 28:19

Speed: 10.59 km/h

Running performance: 5:40 min/km

Rank in course/Total: 82 (of 112)

Rank in course/Women: 19 (of 36)

Best time in course: 20:39

Rank in category: 11(of 24)

Best time in the category: 23:59