



13. Mühlhäuser Altstadtlauf
Mühlhausen / 05.09.2009

Detailed evaluation

Zimpel, Sabine

Club: FSV 1986 Bad Langensalza
Number: 1223

Course: 5.00 km
5 km-Lauf

Category:
Frauen

Total time: 28:48

Speed: 10.42 km/h
Running performance: 5:46 min/km

Rank in course/Total: 86 (of 112)

Rank in course/Women: 22 (of 36)

Best time in course: 20:39

Rank in category: 13(of 24)

Best time in the category: 23:59