



13. Mühlhäuser Altstadtlauf
Mühlhausen / 05.09.2009

Detailed evaluation

Fritzlar, Heike

Club: Mühlhausen
Number: 2150

Course: 10.00 km
Hauptlauf

Category:
Frauen W40

Total time: 49:30

Speed: 12.12 km/h
Running performance: 4:57 min/km

Rank in course/Total: 113 (of 182)

Rank in course/Women: 4 (of 23)

Best time in course: 40:07

Rank in category: 3(of 10)

Best time in the category: 40:07