



13. Mühlhäuser Altstadtlauf  
Mühlhausen / 05.09.2009

Detailed evaluation

Hecht, Heike

Club: Spargelläufer Herbsleben  
Number: 2205

Course: 10.00 km  
Hauptlauf

Category:  
Frauen W40

Total time: 1:01:12

Speed: 9.80 km/h  
Running performance: 6:07 min/km

Rank in course/Total: 173 (of 182)

Rank in course/Women: 19 (of 23)

Best time in course: 40:07

Rank in category: 9(of 10)

Best time in the category: 40:07