



14. Mühlhäuser Altstadtlauf  
Mühlhausen / 28.08.2010

Detailed evaluation

Heinse, Sandra

Club: Kammerforst  
Number: 106

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: 104 (of 131)

Rank in course/Women: 27 (of 39)

Best time in course: 21:20

Rank in category: 14(of 25)

Best time in the category: 23:46