



14. Mühlhäuser Altstadtlauf  
Mühlhausen / 28.08.2010

Detailed evaluation

Pönicke, Marlis

Club: Chemnitzer Laufverein MEGWARE  
Number: 1676

Course: 10.00 km  
Hauptlauf

Category:  
Frauen W50

Total time: 44:17

Speed: 13.55 km/h  
Running performance: 4:26 min/km

Rank in course/Total: 55 (of 189)

Rank in course/Women: 5 (of 38)

Best time in course: 35:55

Rank in category: 1(of 5)

Best time in the category: 44:17