



14. Mühlhäuser Altstadtlauf
Mühlhausen / 28.08.2010

Detailed evaluation

Cramer, Nicole

Club: Gießheim
Number: 1556

Course: 10.00 km
Hauptlauf

Category:
Frauen W40

Total time: 45:24

Speed: 13.22 km/h
Running performance: 4:32 min/km

Rank in course/Total: 65 (of 189)

Rank in course/Women: 6 (of 38)

Best time in course: 35:55

Rank in category: 3(of 10)

Best time in the category: 40:14