



14. Mühlhäuser Altstadtlauf
Mühlhausen / 28.08.2010

Detailed evaluation

Fritzlar, Heike

Club: USV Erfurt
Number: 1506

Course: 10.00 km
Hauptlauf

Category:
Frauen W40

Total time: 47:12

Speed: 12.71 km/h
Running performance: 4:43 min/km

Rank in course/Total: 89 (of 189)

Rank in course/Women: 9 (of 38)

Best time in course: 35:55

Rank in category: 4(of 10)

Best time in the category: 40:14