



14. Mühlhäuser Altstadtlauf
Mühlhausen / 28.08.2010

Detailed evaluation

Koch, Ines

Club: Jena

Number: 1715

Course: 10.00 km

Hauptlauf

Category:

Frauen W40

Total time: 54:56

Speed: 10.92 km/h

Running performance: 5:29 min/km

Rank in course/Total: 159 (of 189)

Rank in course/Women: 25 (of 38)

Best time in course: 35:55

Rank in category: 10(of 10)

Best time in the category: 40:14