



15. Mühlhäuser Altstadtlauf  
Mühlhausen / 27.08.2011

Detailed evaluation

**Bellstedt, Sandra**

Club: Hufeland Klinikum GmbH  
Number: 161

Course: 5.00 km  
5 km-Lauf

Category:  
Frauen

Total time: 28:29

Speed: 10.53 km/h  
Running performance: 5:42 min/km

Rank in course/Total: 107 (of 138)

Rank in course/Women: 36 (of 53)

Best time in course: 20:13

Rank in category: 22(of 37)

Best time in the category: 24:20