



15. Mühlhäuser Altstadtlauf  
Mühlhausen / 27.08.2011

Detailed evaluation

Puchta, Heike

Club: Nürnberg  
Number: 197

Course: 5.00 km  
5 km-Lauf

Category:  
Frauen

Total time: 32:09

Speed: 9.33 km/h  
Running performance: 6:26 min/km

Rank in course/Total: 126 (of 138)

Rank in course/Women: 49 (of 53)

Best time in course: 20:13

Rank in category: 33(of 37)

Best time in the category: 24:20