



15. Mühlhäuser Altstadtlauf  
Mühlhausen / 27.08.2011

Detailed evaluation

Cramer, Nicole

Club: Darmstädter Lauftreff  
Number: 1740

Course: 10.00 km  
Hauptlauf

Category:  
Frauen W40

Total time: 45:19

Speed: 13.24 km/h  
Running performance: 4:32 min/km

Rank in course/Total: 52 (of 156)

Rank in course/Women: 2 (of 25)

Best time in course: 44:13

Rank in category: 1(of 5)

Best time in the category: 45:19