



16. Mühlhäuser Altstadtlauf  
Mühlhausen / 25.08.2012

Detailed evaluation

**Seise, Anke**

Club: SV 1899 Mühlhausen  
Number: 311

Course: 5.00 km  
5 km-Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 24:16

Speed: 12.36 km/h  
Running performance: 4:51 min/km

Rank in course/Total: 44 (of 140)

Rank in course/Women: 7 (of 47)

Best time in course: 18:25

Rank in category: 1(of 6)

Best time in the category: 24:16