



16. Mühlhäuser Altstadtlauf  
Mühlhausen / 25.08.2012

Detailed evaluation

Ehrsam, Katrin

Club: Mühlhausen  
Number: 431

Course: 5.00 km  
5 km-Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 26:42

Speed: 11.24 km/h  
Running performance: 5:20 min/km

Rank in course/Total: 78 (of 140)  
Rank in course/Women: 16 (of 47)  
Best time in course: 18:25

Rank in category: 3(of 7)  
Best time in the category: 24:17