



16. Mühlhäuser Altstadtlauf  
Mühlhausen / 25.08.2012

Detailed evaluation

**Bellstedt, Sandra**

Club: Hufeland Klinikum GmbH  
Number: 385

Course: 5.00 km  
5 km-Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 28:11

Speed: 10.64 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 103 (of 140)

Rank in course/Women: 26 (of 47)

Best time in course: 18:25

Rank in category: 5(of 6)

Best time in the category: 24:16