



16. Mühlhäuser Altstadtlauf
Mühlhausen / 25.08.2012

Detailed evaluation

Tensek, Katrin

Club: Remscheid
Number: 408

Course: 5.00 km
5 km-Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 30:15

Speed: 9.92 km/h
Running performance: 6:03 min/km

Rank in course/Total: 122 (of 140)

Rank in course/Women: 34 (of 47)

Best time in course: 18:25

Rank in category: 6(of 7)

Best time in the category: 24:17