



16. Mühlhäuser Altstadtlauf  
Mühlhausen / 25.08.2012

Detailed evaluation

Esche, Astrid

Club: Sparkasse UH  
Number: 1972

Course: 10.00 km  
Hauptlauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 56:38

Speed: 10.59 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 134 (of 161)

Rank in course/Women: 16 (of 28)

Best time in course: 44:38

Rank in category: 3(of 4)

Best time in the category: 54:00