



17. Mühlhäuser Altstadtlauf  
Mühlhausen / 24.08.2013

Detailed evaluation

**Seise, Anna**

Club: SV 1899 Mühlhausen  
Number: 523

Course: 5.00 km  
5 km-Lauf

Category:  
weibliche Jugend (16-19 Jahre)

Total time: 23:19

Speed: 12.87 km/h  
Running performance: 4:40 min/km

Rank in course/Total: 46 (of 137)

Rank in course/Women: 4 (of 41)

Best time in course: 20:00

Rank in category: 2(of 4)

Best time in the category: 21:07