



17. Mühlhäuser Altstadtlauf  
Mühlhausen / 24.08.2013

Detailed evaluation

**Seise, Anke**

Club: WGM Mühlhausen  
Number: 521

Course: 5.00 km  
5 km-Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 23:38

Speed: 12.69 km/h  
Running performance: 4:44 min/km

Rank in course/Total: 49 (of 137)

Rank in course/Women: 5 (of 41)

Best time in course: 20:00

Rank in category: 1(of 7)

Best time in the category: 23:38