



17. Mühlhäuser Altstadtlauf  
Mühlhausen / 24.08.2013

Detailed evaluation

Tiffert, Nadine

Club: Diedorf  
Number: 532

Course: 5.00 km  
5 km-Lauf

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 24:34

Speed: 12.21 km/h  
Running performance: 4:55 min/km

Rank in course/Total: 58 (of 137)

Rank in course/Women: 6 (of 41)

Best time in course: 20:00

Rank in category: 1(of 3)

Best time in the category: 24:34