



17. Mühlhäuser Altstadtlauf
Mühlhausen / 24.08.2013

Detailed evaluation

Herwig, Sandra

Club: Laufgruppe Hufeland Klinikum
Number: 481

Course: 5.00 km
5 km-Lauf

Category:
Seniorinnen W35 (35-39 Jahre)

Total time: 25:13

Speed: 11.90 km/h
Running performance: 5:02 min/km

Rank in course/Total: 69 (of 137)

Rank in course/Women: 8 (of 41)

Best time in course: 20:00

Rank in category: 2(of 3)

Best time in the category: 24:34