



17. Mühlhäuser Altstadtlauf
Mühlhausen / 24.08.2013

Detailed evaluation

Ehrsam, Katrin

Club: Mühlhausen
Number: 598

Course: 5.00 km
5 km-Lauf

Category:
Seniorinnen W45 (45-49 Jahre)

Total time: 28:17

Speed: 10.61 km/h
Running performance: 5:40 min/km

Rank in course/Total: 100 (of 137)

Rank in course/Women: 23 (of 41)

Best time in course: 20:00

Rank in category: 2(of 2)

Best time in the category: 26:05