



17. Mühlhäuser Altstadtlauf  
Mühlhausen / 24.08.2013

Detailed evaluation

Esche, Astrid

Club: BSG Sparkasse Unstrut-Hainich  
Number: 472

Course: 5.00 km  
5 km-Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 28:43

Speed: 10.45 km/h  
Running performance: 5:44 min/km

Rank in course/Total: 103 (of 137)

Rank in course/Women: 26 (of 41)

Best time in course: 20:00

Rank in category: 6(of 7)

Best time in the category: 23:38