



17. Mühlhäuser Altstadtlauf  
Mühlhausen / 24.08.2013

Detailed evaluation

Linde, Silke

Club: BSG Sparkasse Unstrut-Hainich  
Number: 497

Course: 5.00 km  
5 km-Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 29:38

Speed: 10.12 km/h  
Running performance: 5:56 min/km

Rank in course/Total: 106 (of 137)

Rank in course/Women: 27 (of 41)

Best time in course: 20:00

Rank in category: 7(of 7)

Best time in the category: 23:38