



17. Mühlhäuser Altstadtlauf  
Mühlhausen / 24.08.2013

Detailed evaluation

Montag, Iris

Club: Mühlhausen  
Number: 2209

Course: 10.00 km  
Hauptlauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 58:12

Speed: 10.31 km/h  
Running performance: 5:49 min/km

Rank in course/Total: 143 (of 167)

Rank in course/Women: 22 (of 37)

Best time in course: 41:37

Rank in category: 4(of 7)

Best time in the category: 47:51