



17. Mühlhäuser Altstadtlauf  
Mühlhausen / 24.08.2013

Detailed evaluation

Seehof, Manuela

Club: Thamsbrück  
Number: 2263

Course: 10.00 km  
Hauptlauf

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 1:04:34

Speed: 9.29 km/h  
Running performance: 6:28 min/km

Rank in course/Total: 165 (of 167)

Rank in course/Women: 36 (of 37)

Best time in course: 41:37

Rank in category: 3(of 3)

Best time in the category: 50:52