



18. Mühlhäuser Altstadtlauf  
Mühlhausen / 30.08.2014

Detailed evaluation

Montag, Iris

Club: Mühlhausen  
Number: 894

Course: 5.00 km  
5 km-Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 29:18

Speed: 10.24 km/h  
Running performance: 5:52 min/km

Rank in course/Total: 118 (of 152)

Rank in course/Women: 27 (of 44)

Best time in course: 22:03

Rank in category: 3(of 4)

Best time in the category: 25:22