



18. Mühlhäuser Altstadtlauf  
Mühlhausen / 30.08.2014

Detailed evaluation

Hiese, Susan

Club: Laufiebe  
Number: 862

Course: 5.00 km  
5 km-Lauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 31:43

Speed: 9.46 km/h  
Running performance: 6:20 min/km

Rank in course/Total: 140 (of 152)

Rank in course/Women: 37 (of 44)

Best time in course: 22:03

Rank in category: 3(of 4)

Best time in the category: 26:32