



18. Mühlhäuser Altstadtlauf  
Mühlhausen / 30.08.2014

Detailed evaluation

Kaiser, Sabine

Club: Ammern

Number: 896

Course: 5.00 km

5 km-Lauf

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 33:09

Speed: 9.05 km/h

Running performance: 6:38 min/km

Rank in course/Total: 146 (of 152)

Rank in course/Women: 40 (of 44)

Best time in course: 22:03

Rank in category: 4(of 4)

Best time in the category: 26:32