



18. Mühlhäuser Altstadtlauf  
Mühlhausen / 30.08.2014

Detailed evaluation

Armstroff, Silke

Number: 2439

Course: 10.00 km  
Hauptlauf

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 51:00

Speed: 11.76 km/h

Running performance: 5:06 min/km

Rank in course/Total: 98 (of 170)

Rank in course/Women: 9 (of 34)

Best time in course: 43:13

Rank in category: 1(of 3)

Best time in the category: 51:00