



18. Mühlhäuser Altstadtlauf  
Mühlhausen / 30.08.2014

Detailed evaluation

Wald, Silke

Club: Pasewalker Judosportverein  
Number: 2443

Course: 10.00 km  
Hauptlauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 51:10

Speed: 11.73 km/h  
Running performance: 5:07 min/km

Rank in course/Total: 101 (of 170)

Rank in course/Women: 10 (of 34)

Best time in course: 43:13

Rank in category: 2(of 5)

Best time in the category: 47:15