



18. Mühlhäuser Altstadtlauf  
Mühlhausen / 30.08.2014

Detailed evaluation

Ehrsam, Katrin

Club: Erfurt  
Number: 2289

Course: 10.00 km  
Hauptlauf

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 1:00:32

Speed: 9.91 km/h  
Running performance: 6:03 min/km

Rank in course/Total: 161 (of 170)

Rank in course/Women: 30 (of 34)

Best time in course: 43:13

Rank in category: 5(of 5)

Best time in the category: 47:15