



20. Mühlhäuser Altstadtlauf  
Mühlhausen / 27.08.2016

Detailed evaluation

Lambeck, Nadine

Club: Mühlhausen  
Number: 207

Course: 5.00 km  
5 km-Lauf

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 32:28

Speed: 9.24 km/h

Rank in course/Total: 197 (of 223)

Rank in course/Women: 63 (of 81)

Best time in course: 20:49

Rank in category: 9(of 10)

Best time in the category: 23:11