



22. Mühlhäuser Altstadtlauf
Mühlhausen / 25.08.2018

Detailed evaluation

Koch, Birgit

Club: SPD Mühlhausen

Number: 1159

Course: 5.00 km

5 km-Lauf

Category:

Seniorinnen W40 (40-44 Jahre)

Total time: 28:20

Speed: 10.59 km/h

Running performance: 5:40 min/km

Rank in course/Total: 156 (of 226)

Rank in course/Women: 33 (of 74)

Best time in course: 21:12

Rank in category: 6(of 10)

Best time in the category: 24:06