



22. Mühlhäuser Altstadtlauf  
Mühlhausen / 25.08.2018

Detailed evaluation

Zierdt, Anna-Katharina

Club: Niederdorla  
Number: 1104

Course: 5.00 km  
5 km-Lauf

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 33:19

Speed: 9.00 km/h  
Running performance: 6:40 min/km

Rank in course/Total: 215 (of 226)

Rank in course/Women: 65 (of 74)

Best time in course: 21:12

Rank in category: 6(of 6)

Best time in the category: 24:11