



22. Mühlhäuser Altstadtlauf  
Mühlhausen / 25.08.2018

Detailed evaluation

**Freytag, Nicole**

Club: Mühlhausen  
Number: 956

Course: 5.00 km  
5 km-Lauf

Category:  
Seniorinnen W30 (30-34 Jahre)

Total time: 33:17

Speed: 9.01 km/h  
Running performance: 6:40 min/km

Rank in course/Total: 212 (of 226)

Rank in course/Women: 64 (of 74)

Best time in course: 21:12

Rank in category: 8(of 8)

Best time in the category: 26:48