



12. Mühlhäuser Altstadtlauf  
Mühlhausen / 30.08.2008

Detailed evaluation

Tiffert, Nadine

Club: Jema-Laufteam Mühlhausen  
Number: 1109

Course: 5.00 km  
5 km-Lauf

Category:  
Frauen

Total time: 25:00

Speed: 12.00 km/h  
Running performance: 5:00 min/km

Rank in course/Total: 79 (of 152)

Rank in course/Women: 15 (of 62)

Best time in course: 20:32

Rank in category: 5(of 40)

Best time in the category: 22:01