



12. Mühlhäuser Altstadtlauf  
Mühlhausen / 30.08.2008

Detailed evaluation

Helbing, Andrea

Club: Sparkasse UH  
Number: 1044

Course: 5.00 km  
5 km-Lauf

Category:  
Frauen

Total time: 26:58

Speed: 11.12 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 107 (of 152)

Rank in course/Women: 28 (of 62)

Best time in course: 20:32

Rank in category: 14(of 40)

Best time in the category: 22:01