



12. Mühlhäuser Altstadtlauf  
Mühlhausen / 30.08.2008

Detailed evaluation

**Effenberger, Saskia**

Club: SSV07 Schlotheim  
Number: 1023

Course: 5.00 km  
5 km-Lauf

Category:  
Frauen

Total time: 29:20

Speed: 10.23 km/h  
Running performance: 5:52 min/km

Rank in course/Total: 128 (of 152)

Rank in course/Women: 44 (of 62)

Best time in course: 20:32

Rank in category: 26(of 40)

Best time in the category: 22:01