



12. Mühlhäuser Altstadtlauf  
Mühlhausen / 30.08.2008

Detailed evaluation

**Sprogis, Larissa**

Club: SSV07 Schlotheim  
Number: 1104

Course: 5.00 km  
5 km-Lauf

Category:  
Frauen

Total time: 30:31

Speed: 9.83 km/h  
Running performance: 6:06 min/km

Rank in course/Total: 131 (of 152)

Rank in course/Women: 47 (of 62)

Best time in course: 20:32

Rank in category: 29(of 40)

Best time in the category: 22:01