



12. Mühlhäuser Altstadtlauf  
Mühlhausen / 30.08.2008

Detailed evaluation

Heiland, Heike

Club: Langula  
Number: 1043

Course: 5.00 km  
5 km-Lauf

Category:  
Frauen

Total time: 34:25

Speed: 8.72 km/h  
Running performance: 6:53 min/km

Rank in course/Total: 146 (of 152)

Rank in course/Women: 56 (of 62)

Best time in course: 20:32

Rank in category: 37(of 40)

Best time in the category: 22:01