



12. Mühlhäuser Altstadtlauf  
Mühlhausen / 30.08.2008

Detailed evaluation

**Trautmann, Knut**

Club: VFL Hüpstedt  
Number: 1147

Course: 5.00 km  
5 km-Lauf

Category:  
Männer

Total time: 19:59

Speed: 15.01 km/h  
Running performance: 4:00 min/km

Rank in course/Total: 21 (of 152)

Rank in course/Men: 21 (of 90)

Best time in course: 16:41

Rank in category: 14(of 62)

Best time in the category: 16:41