



12. Mühlhäuser Altstadtlauf  
Mühlhausen / 30.08.2008

Detailed evaluation

Raub, Frank

Club: Bundeswehr Mhl  
Number: 1081

Course: 5.00 km  
5 km-Lauf

Category:  
Männer

Total time: 21:35

Speed: 13.90 km/h  
Running performance: 4:19 min/km

Rank in course/Total: 43 (of 152)

Rank in course/Men: 39 (of 90)

Best time in course: 16:41

Rank in category: 25(of 62)

Best time in the category: 16:41