



12. Mühlhäuser Altstadtlauf  
Mühlhausen / 30.08.2008

Detailed evaluation

Kapahnke, Dirk

Club: Pauker 89 e.V.  
Number: 1146

Course: 5.00 km  
5 km-Lauf

Category:  
Männer

Total time: 21:49

Speed: 13.75 km/h  
Running performance: 4:22 min/km

Rank in course/Total: 46 (of 152)

Rank in course/Men: 41 (of 90)

Best time in course: 16:41

Rank in category: 27(of 62)

Best time in the category: 16:41