



13. Mühlhäuser Altstadtlauf  
Mühlhausen / 05.09.2009

Detailed evaluation

**Elbert, Dieter**

Club: Hainichläufer Mühlhausen  
Number: 1228

Course: 5.00 km  
5 km-Lauf

Category:  
Männer

Total time: 34:12

Speed: 8.77 km/h  
Running performance: 6:50 min/km

Rank in course/Total: 104 (of 112)

Rank in course/Men: 72 (of 76)

Best time in course: 16:48

Rank in category: 56(of 58)

Best time in the category: 16:48