



14. Mühlhäuser Altstadtlauf  
Mühlhausen / 28.08.2010

Detailed evaluation

**Elbert, Dieter**

Club: Hainichläufer Mühlhausen  
Number: 7

Course: 5.00 km  
5 km-Lauf

Category:  
Männer

Total time: 41:54

Speed: 7.16 km/h  
Running performance: 8:23 min/km

Rank in course/Total: 128 (of 131)

Rank in course/Men: 90 (of 92)

Best time in course: 15:33

Rank in category: 69(of 70)

Best time in the category: 15:33