



12. Mühlhäuser Altstadtlauf  
Mühlhausen / 30.08.2008

Detailed evaluation

Apel, Lukas

Club: GS Rodeberg  
Number: 381

Course: 1.70 km  
Schülerlauf

Category:  
männliche Schüler D

Total time: 8:42

Speed: 6.90 km/h  
Running performance: 5:07 min/km

Rank in course/Total: 156 (of 296)

Rank in course/Men: 103 (of 156)

Best time in course: 5:40

Rank in category: 46(of 87)

Best time in the category: 6:32