



12. Mühlhäuser Altstadtlauf
Mühlhausen / 30.08.2008

Detailed evaluation

Bode, Dietmar

Club: Bundeswehr Mhl
Number: 1779

Course: 10.00 km
Hauptlauf

Category:
Männer M45

Total time: 39:17

Speed: 15.27 km/h
Running performance: 3:56 min/km

Rank in course/Total: 18 (of 202)

Rank in course/Men: 17 (of 161)

Best time in course: 31:09

Rank in category: 3(of 24)

Best time in the category: 36:06