



12. Mühlhäuser Altstadtlauf
Mühlhausen / 30.08.2008

Detailed evaluation

Frontke, Thomas

Club: Bickenriede

Number: 1899

Course: 10.00 km

Hauptlauf

Category:

Männer M45

Total time: 40:42

Speed: 14.74 km/h

Running performance: 4:04 min/km

Rank in course/Total: 27 (of 202)

Rank in course/Men: 26 (of 161)

Best time in course: 31:09

Rank in category: 5(of 24)

Best time in the category: 36:06