



12. Mühlhäuser Altstadtlauf
Mühlhausen / 30.08.2008

Detailed evaluation

Quade, Harry

Club: Hamburg
Number: 1841

Course: 10.00 km
Hauptlauf

Category:
Männer M45

Total time: 41:38

Speed: 14.41 km/h
Running performance: 4:10 min/km

Rank in course/Total: 35 (of 202)

Rank in course/Men: 33 (of 161)

Best time in course: 31:09

Rank in category: 6(of 24)

Best time in the category: 36:06