



12. Mühlhäuser Altstadtlauf
Mühlhausen / 30.08.2008

Detailed evaluation

Koch, Thomas

Club: Uder

Number: 1956

Course: 10.00 km

Hauptlauf

Category:

Männer M45

Total time: 42:01

Speed: 14.28 km/h

Running performance: 4:12 min/km

Rank in course/Total: 39 (of 202)

Rank in course/Men: 37 (of 161)

Best time in course: 31:09

Rank in category: 7(of 24)

Best time in the category: 36:06