



12. Mühlhäuser Altstadtlauf  
Mühlhausen / 30.08.2008

Detailed evaluation

Koske, Christian

Club: Niedergrunstedt  
Number: 1759

Course: 10.00 km  
Hauptlauf

Category:  
Männer M55

Total time: 43:32

Speed: 13.78 km/h  
Running performance: 4:21 min/km

Rank in course/Total: 51 (of 202)

Rank in course/Men: 47 (of 161)

Best time in course: 31:09

Rank in category: 2(of 9)

Best time in the category: 40:31