



12. Mühlhäuser Altstadtlauf
Mühlhausen / 30.08.2008

Detailed evaluation

Lämmerhirt, Dennis

Club: RSV Pfeil Wingerode
Number: 1889

Course: 10.00 km
Hauptlauf

Category:
Männer M20

Total time: 43:59

Speed: 13.64 km/h
Running performance: 4:24 min/km

Rank in course/Total: 56 (of 202)

Rank in course/Men: 52 (of 161)

Best time in course: 31:09

Rank in category: 11(of 27)

Best time in the category: 31:09