



12. Mühlhäuser Altstadtlauf

Mühlhausen / 30.08.2008

Detailed evaluation

Karlowski, Lars

Club: www.laufguertel.de

Number: 1756

Course: 10.00 km

Hauptlauf

Category:

Männer M30

Total time: 46:41

Speed: 12.85 km/h

Running performance: 4:40 min/km

Rank in course/Total: 84 (of 202)

Rank in course/Men: 80 (of 161)

Best time in course: 31:09

Rank in category: 9(of 22)

Best time in the category: 38:38