



12. Mühlhäuser Altstadtlauf  
Mühlhausen / 30.08.2008

Detailed evaluation

Nowinski, Carsten

Club: Lengenfeld

Number: 1837

Course: 10.00 km

Hauptlauf

Category:

Jugend männlich

Total time: 50:10

Speed: 11.96 km/h

Running performance: 5:01 min/km

Rank in course/Total: 126 (of 202)

Rank in course/Men: 111 (of 161)

Best time in course: 31:09

Rank in category: 5(of 6)

Best time in the category: 36:09