



12. Mühlhäuser Altstadtlauf  
Mühlhausen / 30.08.2008

Detailed evaluation

Quast, Holger

Club: Mühlhausen

Number: 1949

Course: 10.00 km

Hauptlauf

Category:

Männer M30

Total time: 52:25

Speed: 11.45 km/h

Running performance: 5:14 min/km

Rank in course/Total: 150 (of 202)

Rank in course/Men: 130 (of 161)

Best time in course: 31:09

Rank in category: 18(of 22)

Best time in the category: 38:38