



12. Mühlhäuser Altstadtlauf
Mühlhausen / 30.08.2008

Detailed evaluation

Ahner, Harald

Club: Mühlhausen
Number: 1929

Course: 10.00 km
Hauptlauf

Category:
Männer M45

Total time: 54:07

Speed: 11.09 km/h
Running performance: 5:25 min/km

Rank in course/Total: 172 (of 202)

Rank in course/Men: 145 (of 161)

Best time in course: 31:09

Rank in category: 21(of 24)

Best time in the category: 36:06