



12. Mühlhäuser Altstadtlauf  
Mühlhausen / 30.08.2008

Detailed evaluation

**Kraus, Roman**

Club: Sparkasse UH  
Number: 1821

Course: 10.00 km  
Hauptlauf

Category:  
Männer M30

Total time: 59:48

Speed: 10.03 km/h  
Running performance: 5:59 min/km

Rank in course/Total: 189 (of 202)

Rank in course/Men: 156 (of 161)

Best time in course: 31:09

Rank in category: 22(of 22)

Best time in the category: 38:38