



13. Mühlhäuser Altstadtlauf
Mühlhausen / 05.09.2009

Detailed evaluation

Karlowski, Lars

Club: Ruhla
Number: 2161

Course: 10.00 km
Hauptlauf

Category:
Männer M30

Total time: 47:25

Speed: 12.65 km/h
Running performance: 4:44 min/km

Rank in course/Total: 90 (of 182)

Rank in course/Men: 87 (of 159)

Best time in course: 35:53

Rank in category: 15(of 21)

Best time in the category: 38:00