



14. Mühlhäuser Altstadtlauf
Mühlhausen / 28.08.2010

Detailed evaluation

Quast, Holger

Club: Mühlhausen

Number: 1539

Course: 10.00 km

Hauptlauf

Category:

Männer M35

Total time: 48:51

Speed: 12.28 km/h

Running performance: 4:53 min/km

Rank in course/Total: 104 (of 189)

Rank in course/Men: 94 (of 151)

Best time in course: 32:11

Rank in category: 13(of 20)

Best time in the category: 37:09