



14. Mühlhäuser Altstadtlauf
Mühlhausen / 28.08.2010

Detailed evaluation

Krug, Alexander

Club: LSV Unstrut-Hainich
Number: 1538

Course: 10.00 km
Hauptlauf

Category:
Männer M30

Total time: 49:35

Speed: 12.10 km/h
Running performance: 4:58 min/km

Rank in course/Total: 111 (of 189)

Rank in course/Men: 100 (of 151)

Best time in course: 32:11

Rank in category: 9(of 17)

Best time in the category: 37:33