



14. Mühlhäuser Altstadtlauf
Mühlhausen / 28.08.2010

Detailed evaluation

Lambrecht, Hans-Dieter

Club: Mühlhausen
Number: 1520

Course: 10.00 km
Hauptlauf

Category:
Männer M45

Total time: 52:27

Speed: 11.44 km/h
Running performance: 5:14 min/km

Rank in course/Total: 143 (of 189)

Rank in course/Men: 121 (of 151)

Best time in course: 32:11

Rank in category: 16(of 18)

Best time in the category: 38:48