



14. Mühlhäuser Altstadtlauf
Mühlhausen / 28.08.2010

Detailed evaluation

Koske, Christian

Club: Niedergrunstedt
Number: 1530

Course: 10.00 km
Hauptlauf

Category:
Männer M60

Total time: 53:14

Speed: 11.27 km/h
Running performance: 5:19 min/km

Rank in course/Total: 151 (of 189)

Rank in course/Men: 128 (of 151)

Best time in course: 32:11

Rank in category: 2(of 2)

Best time in the category: 50:54