



15. Mühlhäuser Altstadtlauf  
Mühlhausen / 27.08.2011

Detailed evaluation

**Spangenberg, Andreas**

Club: TSV 1880 Gera-Zwötzen  
Number: 1853

Course: 10.00 km  
Hauptlauf

Category:  
Männer M30

Total time: 39:17

Speed: 15.27 km/h  
Running performance: 3:56 min/km

Rank in course/Total: 15 (of 156)

Rank in course/Men: 15 (of 131)

Best time in course: 31:45

Rank in category: 6(of 22)

Best time in the category: 31:45