



15. Mühlhäuser Altstadtlauf  
Mühlhausen / 27.08.2011

Detailed evaluation

**Ponzelt, Dominik**

Club: Mühlhausen  
Number: 1825

Course: 10.00 km  
Hauptlauf

Category:  
Männer M30

Total time: 41:23

Speed: 14.50 km/h  
Running performance: 4:08 min/km

Rank in course/Total: 27 (of 156)

Rank in course/Men: 27 (of 131)

Best time in course: 31:45

Rank in category: 8(of 22)

Best time in the category: 31:45