



15. Mühlhäuser Altstadtlauf  
Mühlhausen / 27.08.2011

Detailed evaluation

Lange, Lars

Club: Bleicherode  
Number: 1810

Course: 10.00 km  
Hauptlauf

Category:  
Männer M40

Total time: 47:50

Speed: 12.54 km/h  
Running performance: 4:47 min/km

Rank in course/Total: 73 (of 156)

Rank in course/Men: 70 (of 131)

Best time in course: 31:45

Rank in category: 12(of 23)

Best time in the category: 38:45