



15. Mühlhäuser Altstadtlauf
Mühlhausen / 27.08.2011

Detailed evaluation

Quast, Holger

Club: Mühlhausen
Number: 1863

Course: 10.00 km
Hauptlauf

Category:
Männer M35

Total time: 48:05

Speed: 12.48 km/h
Running performance: 4:49 min/km

Rank in course/Total: 78 (of 156)

Rank in course/Men: 75 (of 131)

Best time in course: 31:45

Rank in category: 6(of 12)

Best time in the category: 36:52