



16. Mühlhäuser Altstadtlauf  
Mühlhausen / 25.08.2012

Detailed evaluation

Lauschus, Frank

Club: Mühlhausen

Number: 2001

Course: 10.00 km

Hauptlauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 45:42

Speed: 13.13 km/h

Running performance: 4:34 min/km

Rank in course/Total: 56 (of 161)

Rank in course/Men: 55 (of 133)

Best time in course: 33:29

Rank in category: 10(of 14)

Best time in the category: 33:49