



16. Mühlhäuser Altstadtlauf
Mühlhausen / 25.08.2012

Detailed evaluation

Quast, Holger

Club: Mühlhausen
Number: 2037

Course: 10.00 km
Hauptlauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 48:46

Speed: 12.30 km/h
Running performance: 4:53 min/km

Rank in course/Total: 78 (of 161)

Rank in course/Men: 77 (of 133)

Best time in course: 33:29

Rank in category: 11(of 14)

Best time in the category: 33:49