



16. Mühlhäuser Altstadtlauf  
Mühlhausen / 25.08.2012

Detailed evaluation

**Stender, Lars**

Club: Reisebüro Ronnys Reisewelt  
Number: 1931

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 51:21

Speed: 11.68 km/h  
Running performance: 5:08 min/km

Rank in course/Total: 100 (of 161)

Rank in course/Men: 96 (of 133)

Best time in course: 33:29

Rank in category: 13(of 14)

Best time in the category: 33:49