



17. Mühlhäuser Altstadtlauf  
Mühlhausen / 24.08.2013

Detailed evaluation

Rolf, Lars

Club: Non Stop Ultra Brakel  
Number: 2211

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 39:09

Speed: 15.33 km/h  
Running performance: 3:55 min/km

Rank in course/Total: 9 (of 167)

Rank in course/Men: 9 (of 130)

Best time in course: 34:30

Rank in category: 3(of 17)

Best time in the category: 36:22