



18. Mühlhäuser Altstadtlauf  
Mühlhausen / 30.08.2014

Detailed evaluation

Rolf, Lars

Club: Non-Stop-Ultra Brakel  
Number: 2393

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 37:31

Speed: 15.99 km/h  
Running performance: 3:45 min/km

Rank in course/Total: 9 (of 170)

Rank in course/Men: 9 (of 136)

Best time in course: 31:29

Rank in category: 2(of 24)

Best time in the category: 37:19