



18. Mühlhäuser Altstadtlauf  
Mühlhausen / 30.08.2014

Detailed evaluation

Kindervater, Lars

Club: FSV Schernberg  
Number: 2405

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 39:55

Speed: 15.03 km/h  
Running performance: 3:59 min/km

Rank in course/Total: 15 (of 170)

Rank in course/Men: 15 (of 136)

Best time in course: 31:29

Rank in category: 4(of 24)

Best time in the category: 37:19