



12. Mühlhäuser Altstadtlauf  
Mühlhausen / 30.08.2008

Detailed evaluation

Rückemesser, Jürgen

Club: Concordia Beuren  
Number: 1847

Course: 10.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 49:39

Speed: 12.08 km/h  
Running performance: 4:58 min/km

Rank in course/Total: 119 (of 202)

Rank in course/Men: 105 (of 161)

Best time in course: 31:09

Rank in category: 13(of 24)

Best time in the category: 36:06