



AOK Plus City-Lauf Gotha
Gotha / 10.05.2009

Detailed evaluation

Mühlhaus, Helmut

Club: Rennsteiglaufverein
Number: 145

Course: 10.00 km
City-Lauf

Category:
Männer M75

Total time: 47:48

Speed: 12.55 km/h
Running performance: 4:47 min/km

Rank in course/Total: 208 (of 253)

Rank in course/Men: 174 (of 196)

Best time in course: 27:34

Rank in category: 1(of 3)

Best time in the category: 47:48