



13. Mühlhäuser Altstadtlauf  
Mühlhausen / 05.09.2009

Detailed evaluation

**Prüger, Ralf**

Club: SG Schmieritz  
Number: 1290

Course: 5.00 km  
5 km-Lauf

Category:  
Männer

Total time: 23:45

Speed: 12.63 km/h  
Running performance: 4:45 min/km

Rank in course/Total: 39 (of 112)

Rank in course/Men: 33 (of 76)

Best time in course: 16:48

Rank in category: 23(of 58)

Best time in the category: 16:48