



13. Mühlhäuser Altstadtlauf  
Mühlhausen / 05.09.2009

Detailed evaluation

**Kraus, Roman**

Club: Sparkasse Unstrut-Hainich  
Number: 1270

Course: 5.00 km  
5 km-Lauf

Category:  
Männer

Total time: 29:29

Speed: 10.18 km/h  
Running performance: 5:54 min/km

Rank in course/Total: 88 (of 112)

Rank in course/Men: 65 (of 76)

Best time in course: 16:48

Rank in category: 50(of 58)

Best time in the category: 16:48