



13. Mühlhäuser Altstadtlauf  
Mühlhausen / 05.09.2009

Detailed evaluation

Löppen, Reinhard

Club: SV Emsetal  
Number: 2155

Course: 10.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 38:30

Speed: 15.58 km/h  
Running performance: 3:51 min/km

Rank in course/Total: 5 (of 182)

Rank in course/Men: 5 (of 159)

Best time in course: 35:53

Rank in category: 1(of 15)

Best time in the category: 38:30