



13. Mühlhäuser Altstadtlauf
Mühlhausen / 05.09.2009

Detailed evaluation

Urbach, René

Club: Ammern

Number: 2005

Course: 10.00 km

Hauptlauf

Category:

Männer M30

Total time: 39:55

Speed: 15.03 km/h

Running performance: 3:59 min/km

Rank in course/Total: 9 (of 182)

Rank in course/Men: 9 (of 159)

Best time in course: 35:53

Rank in category: 2(of 21)

Best time in the category: 38:00