



13. Mühlhäuser Altstadtlauf  
Mühlhausen / 05.09.2009

Detailed evaluation

**Bode, Dietmar**

Club: Bundeswehr Mühlhausen  
Number: 2011

Course: 10.00 km  
Hauptlauf

Category:  
Männer M50

Total time: 40:14

Speed: 14.91 km/h  
Running performance: 4:01 min/km

Rank in course/Total: 11 (of 182)

Rank in course/Men: 10 (of 159)

Best time in course: 35:53

Rank in category: 1(of 14)

Best time in the category: 40:14