



13. Mühlhäuser Altstadtlauf  
Mühlhausen / 05.09.2009

Detailed evaluation

Montag, Holger

Club: Sparkasse Unstrut-Hainich  
Number: 2114

Course: 10.00 km  
Hauptlauf

Category:  
Männer M35

Total time: 40:42

Speed: 14.74 km/h  
Running performance: 4:04 min/km

Rank in course/Total: 15 (of 182)

Rank in course/Men: 14 (of 159)

Best time in course: 35:53

Rank in category: 4(of 18)

Best time in the category: 38:42