



13. Mühlhäuser Altstadtlauf  
Mühlhausen / 05.09.2009

Detailed evaluation

**Scheffel, Rene**

Club: SpVgg Siebleben 06  
Number: 2117

Course: 10.00 km  
Hauptlauf

Category:  
Männer M20

Total time: 41:06

Speed: 14.60 km/h  
Running performance: 4:07 min/km

Rank in course/Total: 17 (of 182)

Rank in course/Men: 16 (of 159)

Best time in course: 35:53

Rank in category: 3(of 44)

Best time in the category: 35:53