



13. Mühlhäuser Altstadtlauf  
Mühlhausen / 05.09.2009

Detailed evaluation

Hesse, Uwe

Club: Runingclinic

Number: 2144

Course: 10.00 km

Hauptlauf

Category:

Männer M50

Total time: 41:46

Speed: 14.37 km/h

Running performance: 4:11 min/km

Rank in course/Total: 23 (of 182)

Rank in course/Men: 22 (of 159)

Best time in course: 35:53

Rank in category: 3(of 14)

Best time in the category: 40:14