



13. Mühlhäuser Altstadtlauf  
Mühlhausen / 05.09.2009

Detailed evaluation

Herms, Jörg

Club: Mühlhausen  
Number: 2196

Course: 10.00 km  
Hauptlauf

Category:  
Männer M35

Total time: 42:54

Speed: 13.99 km/h  
Running performance: 4:17 min/km

Rank in course/Total: 32 (of 182)

Rank in course/Men: 31 (of 159)

Best time in course: 35:53

Rank in category: 8(of 18)

Best time in the category: 38:42