



13. Mühlhäuser Altstadtlauf
Mühlhausen / 05.09.2009

Detailed evaluation

Trautmann, Knut

Club: VFL Hüpstedt
Number: 2177

Course: 10.00 km
Hauptlauf

Category:
Männer M45

Total time: 43:04

Speed: 13.93 km/h
Running performance: 4:19 min/km

Rank in course/Total: 34 (of 182)

Rank in course/Men: 33 (of 159)

Best time in course: 35:53

Rank in category: 2(of 15)

Best time in the category: 38:30