



13. Mühlhäuser Altstadtlauf  
Mühlhausen / 05.09.2009

Detailed evaluation

Quade, Harry

Club: Hamburg  
Number: 2059

Course: 10.00 km  
Hauptlauf

Category:  
Männer M50

Total time: 43:28

Speed: 13.80 km/h  
Running performance: 4:21 min/km

Rank in course/Total: 37 (of 182)

Rank in course/Men: 35 (of 159)

Best time in course: 35:53

Rank in category: 5(of 14)

Best time in the category: 40:14