



13. Mühlhäuser Altstadtlauf  
Mühlhausen / 05.09.2009

Detailed evaluation

Siegmund, Andreas

Club: 1. SGV Mühlhausen  
Number: 2188

Course: 10.00 km  
Hauptlauf

Category:  
Männer M40

Total time: 43:29

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

Rank in course/Total: 38 (of 182)

Rank in course/Men: 36 (of 159)

Best time in course: 35:53

Rank in category: 6(of 24)

Best time in the category: 41:09