



13. Mühlhäuser Altstadtlauf
Mühlhausen / 05.09.2009

Detailed evaluation

Koch, Thomas

Club: Uder

Number: 2207

Course: 10.00 km

Hauptlauf

Category:

Männer M45

Total time: 43:39

Speed: 13.75 km/h

Running performance: 4:22 min/km

Rank in course/Total: 40 (of 182)

Rank in course/Men: 38 (of 159)

Best time in course: 35:53

Rank in category: 3(of 15)

Best time in the category: 38:30