



13. Mühlhäuser Altstadtlauf  
Mühlhausen / 05.09.2009

Detailed evaluation

Henning, Jürgen

Club: Spvgg Faulungen

Number: 2116

Course: 10.00 km

Hauptlauf

Category:

Männer M45

Total time: 43:58

Speed: 13.65 km/h

Running performance: 4:24 min/km

Rank in course/Total: 43 (of 182)

Rank in course/Men: 41 (of 159)

Best time in course: 35:53

Rank in category: 4(of 15)

Best time in the category: 38:30