



13. Mühlhäuser Altstadtlauf  
Mühlhausen / 05.09.2009

Detailed evaluation

**Pohl, Wolfgang**

Club: SV Normania Treffurt  
Number: 2124

Course: 10.00 km  
Hauptlauf

Category:  
Männer M55

Total time: 44:40

Speed: 13.43 km/h  
Running performance: 4:28 min/km

Rank in course/Total: 51 (of 182)

Rank in course/Men: 49 (of 159)

Best time in course: 35:53

Rank in category: 1(of 7)

Best time in the category: 44:40