



13. Mühlhäuser Altstadtlauf
Mühlhausen / 05.09.2009

Detailed evaluation

Heller, Matthias

Club: Mühlhäuser Laufcombo
Number: 2146

Course: 10.00 km
Hauptlauf

Category:
Männer M40

Total time: 45:46

Speed: 13.11 km/h
Running performance: 4:35 min/km

Rank in course/Total: 69 (of 182)

Rank in course/Men: 67 (of 159)

Best time in course: 35:53

Rank in category: 10(of 24)

Best time in the category: 41:09