



13. Mühlhäuser Altstadtlauf  
Mühlhausen / 05.09.2009

Detailed evaluation

Osterland, Bernd

Club: Ironman Großbrüchter  
Number: 2064

Course: 10.00 km  
Hauptlauf

Category:  
Männer M50

Total time: 45:47

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

Rank in course/Total: 70 (of 182)

Rank in course/Men: 68 (of 159)

Best time in course: 35:53

Rank in category: 6(of 14)

Best time in the category: 40:14