



13. Mühlhäuser Altstadtlauf
Mühlhausen / 05.09.2009

Detailed evaluation

Trautmann, Heiko

Club: TLC Verein Mühlhausen
Number: 2140

Course: 10.00 km
Hauptlauf

Category:
Männer M40

Total time: 45:49

Speed: 13.10 km/h
Running performance: 4:35 min/km

Rank in course/Total: 71 (of 182)

Rank in course/Men: 69 (of 159)

Best time in course: 35:53

Rank in category: 11(of 24)

Best time in the category: 41:09