



13. Mühlhäuser Altstadtlauf  
Mühlhausen / 05.09.2009

Detailed evaluation

Ickler, Mario

Club: TSG Ruhla  
Number: 2198

Course: 10.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 46:06

Speed: 13.02 km/h  
Running performance: 4:37 min/km

Rank in course/Total: 75 (of 182)

Rank in course/Men: 73 (of 159)

Best time in course: 35:53

Rank in category: 7(of 15)

Best time in the category: 38:30