



13. Mühlhäuser Altstadtlauf  
Mühlhausen / 05.09.2009

Detailed evaluation

**Bodewald, Frank**

Club: Altengottern

Number: 2004

Course: 10.00 km

Hauptlauf

Category:

Männer M40

Total time: 46:34

Speed: 12.88 km/h

Running performance: 4:40 min/km

Rank in course/Total: 79 (of 182)

Rank in course/Men: 77 (of 159)

Best time in course: 35:53

Rank in category: 14(of 24)

Best time in the category: 41:09