



13. Mühlhäuser Altstadtlauf
Mühlhausen / 05.09.2009

Detailed evaluation

Helbig, Steffen

Club: Mühlhausen
Number: 2130

Course: 10.00 km
Hauptlauf

Category:
Männer M40

Total time: 46:49

Speed: 12.82 km/h
Running performance: 4:41 min/km

Rank in course/Total: 83 (of 182)

Rank in course/Men: 81 (of 159)

Best time in course: 35:53

Rank in category: 16(of 24)

Best time in the category: 41:09