



13. Mühlhäuser Altstadtlauf  
Mühlhausen / 05.09.2009

Detailed evaluation

Koske, Christian

Club: Niedergrunstedt  
Number: 2100

Course: 10.00 km  
Hauptlauf

Category:  
Männer M60

Total time: 47:18

Speed: 12.68 km/h  
Running performance: 4:44 min/km

Rank in course/Total: 89 (of 182)

Rank in course/Men: 86 (of 159)

Best time in course: 35:53

Rank in category: 3(of 3)

Best time in the category: 41:59