



13. Mühlhäuser Altstadtlauf  
Mühlhausen / 05.09.2009

Detailed evaluation

**Kaufmann, Roland**

Club: VfB Beberstedt  
Number: 2208

Course: 10.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 47:34

Speed: 12.61 km/h  
Running performance: 4:46 min/km

Rank in course/Total: 92 (of 182)

Rank in course/Men: 89 (of 159)

Best time in course: 35:53

Rank in category: 8(of 15)

Best time in the category: 38:30