



13. Mühlhäuser Altstadtlauf
Mühlhausen / 05.09.2009

Detailed evaluation

Jander, Dieter

Club: ESC Erfurt
Number: 2048

Course: 10.00 km
Hauptlauf

Category:
Männer M50

Total time: 48:50

Speed: 12.29 km/h
Running performance: 4:53 min/km

Rank in course/Total: 105 (of 182)

Rank in course/Men: 102 (of 159)

Best time in course: 35:53

Rank in category: 7(of 14)

Best time in the category: 40:14