



13. Mühlhäuser Altstadtlauf  
Mühlhausen / 05.09.2009

Detailed evaluation

**Motz, Michael**

Club: Mühlhausen  
Number: 2160

Course: 10.00 km  
Hauptlauf

Category:  
Männer M40

Total time: 48:58

Speed: 12.25 km/h  
Running performance: 4:54 min/km

Rank in course/Total: 107 (of 182)

Rank in course/Men: 104 (of 159)

Best time in course: 35:53

Rank in category: 19(of 24)

Best time in the category: 41:09