



13. Mühlhäuser Altstadtlauf
Mühlhausen / 05.09.2009

Detailed evaluation

Leister, Karl-Heinz

Club: Sparkasse Unstrut-Hainich
Number: 2113

Course: 10.00 km
Hauptlauf

Category:
Männer M45

Total time: 49:55

Speed: 12.02 km/h
Running performance: 4:59 min/km

Rank in course/Total: 117 (of 182)

Rank in course/Men: 112 (of 159)

Best time in course: 35:53

Rank in category: 10(of 15)

Best time in the category: 38:30