



13. Mühlhäuser Altstadtlauf
Mühlhausen / 05.09.2009

Detailed evaluation

Quast, Holger

Club: Mühlhausen
Number: 2087

Course: 10.00 km
Hauptlauf

Category:
Männer M35

Total time: 51:35

Speed: 11.63 km/h
Running performance: 5:10 min/km

Rank in course/Total: 126 (of 182)

Rank in course/Men: 120 (of 159)

Best time in course: 35:53

Rank in category: 16(of 18)

Best time in the category: 38:42