



13. Mühlhäuser Altstadtlauf
Mühlhausen / 05.09.2009

Detailed evaluation

Knötig, Thilo

Club: Stutensee

Number: 2119

Course: 10.00 km

Hauptlauf

Category:

Männer M30

Total time: 51:48

Speed: 11.58 km/h

Running performance: 5:11 min/km

Rank in course/Total: 127 (of 182)

Rank in course/Men: 121 (of 159)

Best time in course: 35:53

Rank in category: 19(of 21)

Best time in the category: 38:00