



13. Mühlhäuser Altstadtlauf  
Mühlhausen / 05.09.2009

Detailed evaluation

Sacher, Dieter

Club: Weinbergen OT Grabe  
Number: 2165

Course: 10.00 km  
Hauptlauf

Category:  
Männer M50

Total time: 54:02

Speed: 11.10 km/h  
Running performance: 5:24 min/km

Rank in course/Total: 148 (of 182)

Rank in course/Men: 134 (of 159)

Best time in course: 35:53

Rank in category: 13(of 14)

Best time in the category: 40:14