



13. Mühlhäuser Altstadtlauf  
Mühlhausen / 05.09.2009

Detailed evaluation

Stephan, Michael

Club: FSV 1986 Bad Langensalza  
Number: 2051

Course: 10.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 54:03

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

Rank in course/Total: 149 (of 182)

Rank in course/Men: 135 (of 159)

Best time in course: 35:53

Rank in category: 12(of 15)

Best time in the category: 38:30