



13. Mühlhäuser Altstadtlauf
Mühlhausen / 05.09.2009

Detailed evaluation

Rikirsch, Roland

Club: Creuzburg
Number: 2175

Course: 10.00 km
Hauptlauf

Category:
Männer M65

Total time: 54:20

Speed: 11.04 km/h
Running performance: 5:26 min/km

Rank in course/Total: 150 (of 182)

Rank in course/Men: 136 (of 159)

Best time in course: 35:53

Rank in category: 2(of 2)

Best time in the category: 52:09