



13. Mühlhäuser Altstadtlauf
Mühlhausen / 05.09.2009

Detailed evaluation

Lambrecht, Hans-Dieter

Club: Mühlhausen
Number: 2174

Course: 10.00 km
Hauptlauf

Category:
Männer M45

Total time: 54:42

Speed: 10.97 km/h
Running performance: 5:28 min/km

Rank in course/Total: 152 (of 182)

Rank in course/Men: 138 (of 159)

Best time in course: 35:53

Rank in category: 13(of 15)

Best time in the category: 38:30