



13. Mühlhäuser Altstadtlauf
Mühlhausen / 05.09.2009

Detailed evaluation

Schwarz, Sandro

Club: Weinbergen

Number: 2128

Course: 10.00 km

Hauptlauf

Category:

Männer M30

Total time: 56:16

Speed: 10.66 km/h

Running performance: 5:38 min/km

Rank in course/Total: 161 (of 182)

Rank in course/Men: 145 (of 159)

Best time in course: 35:53

Rank in category: 21(of 21)

Best time in the category: 38:00