



13. Mühlhäuser Altstadtlauf
Mühlhausen / 05.09.2009

Detailed evaluation

Muscheid, Christian

Club: Mühlhausen
Number: 2086

Course: 10.00 km
Hauptlauf

Category:
Männer M40

Total time: 56:43

Speed: 10.58 km/h
Running performance: 5:40 min/km

Rank in course/Total: 163 (of 182)

Rank in course/Men: 147 (of 159)

Best time in course: 35:53

Rank in category: 22(of 24)

Best time in the category: 41:09