



13. Mühlhäuser Altstadtlauf  
Mühlhausen / 05.09.2009

Detailed evaluation

Montag, Martin

Club: Mühlhausen  
Number: 2131

Course: 10.00 km  
Hauptlauf

Category:  
Männer M40

Total time: 56:45

Speed: 10.57 km/h  
Running performance: 5:41 min/km

Rank in course/Total: 164 (of 182)

Rank in course/Men: 148 (of 159)

Best time in course: 35:53

Rank in category: 23(of 24)

Best time in the category: 41:09