



13. Mühlhäuser Altstadtlauf  
Mühlhausen / 05.09.2009

Detailed evaluation

Ludwig, Wilfried

Club: Holzthaleben  
Number: 2062

Course: 10.00 km  
Hauptlauf

Category:  
Männer M55

Total time: 58:58

Speed: 10.18 km/h  
Running performance: 5:54 min/km

Rank in course/Total: 170 (of 182)

Rank in course/Men: 152 (of 159)

Best time in course: 35:53

Rank in category: 7(of 7)

Best time in the category: 44:40