



13. Mühlhäuser Altstadtlauf
Mühlhausen / 05.09.2009

Detailed evaluation

Nolte, Jörg

Club: Dieburg
Number: 2167

Course: 10.00 km
Hauptlauf

Category:
Männer M40

Total time: 1:03:15

Speed: 9.49 km/h
Running performance: 6:19 min/km

Rank in course/Total: 175 (of 182)

Rank in course/Men: 155 (of 159)

Best time in course: 35:53

Rank in category: 24(of 24)

Best time in the category: 41:09