



14. Mühlhäuser Altstadtlauf  
Mühlhausen / 28.08.2010

Detailed evaluation

**Spangenberg, Andreas**

Club: TSV 1880 Gera-Zwötzen  
Number: 113

Course: 5.00 km  
5 km-Lauf

Category:  
Männer

Total time: 19:00

Speed: 15.79 km/h  
Running performance: 3:48 min/km

Rank in course/Total: 12 (of 131)

Rank in course/Men: 12 (of 92)

Best time in course: 15:33

Rank in category: 8(of 70)

Best time in the category: 15:33