



14. Mühlhäuser Altstadtlauf  
Mühlhausen / 28.08.2010

Detailed evaluation

**Trautmann, Heiko**

Club: TLC Verein Mühlhausen  
Number: 85

Course: 5.00 km  
5 km-Lauf

Category:  
Männer

Total time: 31:43

Speed: 9.46 km/h  
Running performance: 6:20 min/km

Rank in course/Total: 116 (of 131)

Rank in course/Men: 84 (of 92)

Best time in course: 15:33

Rank in category: 63(of 70)

Best time in the category: 15:33