



14. Mühlhäuser Altstadtlauf  
Mühlhausen / 28.08.2010

Detailed evaluation

Siegmund, Andreas

Club: 1. SGV Mühlhausen  
Number: 1690

Course: 10.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 41:25

Speed: 14.49 km/h  
Running performance: 4:08 min/km

Rank in course/Total: 31 (of 189)

Rank in course/Men: 28 (of 151)

Best time in course: 32:11

Rank in category: 3(of 18)

Best time in the category: 38:48