



14. Mühlhäuser Altstadtlauf
Mühlhausen / 28.08.2010

Detailed evaluation

Trautmann, Knut

Club: VFL Hüpstedt
Number: 1635

Course: 10.00 km
Hauptlauf

Category:
Männer M45

Total time: 42:30

Speed: 14.12 km/h
Running performance: 4:15 min/km

Rank in course/Total: 38 (of 189)

Rank in course/Men: 35 (of 151)

Best time in course: 32:11

Rank in category: 5(of 18)

Best time in the category: 38:48