



14. Mühlhäuser Altstadtlauf  
Mühlhausen / 28.08.2010

Detailed evaluation

**Bodewald, Frank**

Club: Altengottern

Number: 1523

Course: 10.00 km

Hauptlauf

Category:

Männer M40

Total time: 43:12

Speed: 13.89 km/h

Running performance: 4:19 min/km

Rank in course/Total: 42 (of 189)

Rank in course/Men: 39 (of 151)

Best time in course: 32:11

Rank in category: 9(of 21)

Best time in the category: 38:34