



14. Mühlhäuser Altstadtlauf  
Mühlhausen / 28.08.2010

Detailed evaluation

Rödiger, Martin

Club: Bundeswehr  
Number: 1606

Course: 10.00 km  
Hauptlauf

Category:  
Männer M40

Total time: 43:13

Speed: 13.88 km/h  
Running performance: 4:19 min/km

Rank in course/Total: 43 (of 189)

Rank in course/Men: 40 (of 151)

Best time in course: 32:11

Rank in category: 10(of 21)

Best time in the category: 38:34