



14. Mühlhäuser Altstadtlauf  
Mühlhausen / 28.08.2010

Detailed evaluation

Kramer, Heinz

Club: Mühlhausen  
Number: 1651

Course: 10.00 km  
Hauptlauf

Category:  
Männer M50

Total time: 43:34

Speed: 13.77 km/h  
Running performance: 4:22 min/km

Rank in course/Total: 46 (of 189)

Rank in course/Men: 43 (of 151)

Best time in course: 32:11

Rank in category: 3(of 10)

Best time in the category: 39:35