



14. Mühlhäuser Altstadtlauf
Mühlhausen / 28.08.2010

Detailed evaluation

Seifert, Marco

Club: Bundeswehr
Number: 1616

Course: 10.00 km
Hauptlauf

Category:
Männer M20

Total time: 44:58

Speed: 13.34 km/h
Running performance: 4:30 min/km

Rank in course/Total: 62 (of 189)

Rank in course/Men: 57 (of 151)

Best time in course: 32:11

Rank in category: 15(of 42)

Best time in the category: 32:11