



# 14. Mühlhäuser Altstadtlauf

Mühlhausen / 28.08.2010

## Detailed evaluation

Ackermann, Thomas

Club: Mühlhausen

Number: 1655

Course: 10.00 km

Hauptlauf

Category:

Männer M45

Total time: 45:50

Speed: 13.09 km/h

Running performance: 4:35 min/km

Rank in course/Total: 70 (of 189)

Rank in course/Men: 63 (of 151)

Best time in course: 32:11

Rank in category: 8(of 18)

Best time in the category: 38:48