



14. Mühlhäuser Altstadtlauf
Mühlhausen / 28.08.2010

Detailed evaluation

Flis, Robert

Club: Gernsheim

Number: 1564

Course: 10.00 km

Hauptlauf

Category:

Männer M45

Total time: 45:51

Speed: 13.09 km/h

Running performance: 4:35 min/km

Rank in course/Total: 71 (of 189)

Rank in course/Men: 64 (of 151)

Best time in course: 32:11

Rank in category: 9(of 18)

Best time in the category: 38:48