



14. Mühlhäuser Altstadtlauf  
Mühlhausen / 28.08.2010

Detailed evaluation

Hildebrandt, Nils

Club: Buflieben  
Number: 1647

Course: 10.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 45:58

Speed: 13.05 km/h  
Running performance: 4:36 min/km

Rank in course/Total: 75 (of 189)

Rank in course/Men: 67 (of 151)

Best time in course: 32:11

Rank in category: 10(of 18)

Best time in the category: 38:48