



14. Mühlhäuser Altstadtlauf
Mühlhausen / 28.08.2010

Detailed evaluation

Nölker, Jens

Club: SG Müllana Mühlhausen
Number: 1545

Course: 10.00 km
Hauptlauf

Category:
Männer M35

Total time: 46:05

Speed: 13.02 km/h
Running performance: 4:37 min/km

Rank in course/Total: 77 (of 189)

Rank in course/Men: 69 (of 151)

Best time in course: 32:11

Rank in category: 9(of 20)

Best time in the category: 37:09