



14. Mühlhäuser Altstadtlauf
Mühlhausen / 28.08.2010

Detailed evaluation

Förster, Thomas

Club: Mühlhausen

Number: 1638

Course: 10.00 km

Hauptlauf

Category:

Männer M45

Total time: 46:39

Speed: 12.86 km/h

Running performance: 4:40 min/km

Rank in course/Total: 83 (of 189)

Rank in course/Men: 75 (of 151)

Best time in course: 32:11

Rank in category: 11(of 18)

Best time in the category: 38:48