



14. Mühlhäuser Altstadtlauf  
Mühlhausen / 28.08.2010

Detailed evaluation

Leister, Karl-Heinz

Club: Sparkasse UH  
Number: 1591

Course: 10.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 51:25

Speed: 11.67 km/h  
Running performance: 5:08 min/km

Rank in course/Total: 133 (of 189)

Rank in course/Men: 115 (of 151)

Best time in course: 32:11

Rank in category: 13(of 18)

Best time in the category: 38:48