



14. Mühlhäuser Altstadtlauf  
Mühlhausen / 28.08.2010

Detailed evaluation

Kapfl, Michael

Club: Bundeswehr  
Number: 1577

Course: 10.00 km  
Hauptlauf

Category:  
Männer M20

Total time: 53:24

Speed: 11.24 km/h  
Running performance: 5:20 min/km

Rank in course/Total: 152 (of 189)

Rank in course/Men: 129 (of 151)

Best time in course: 32:11

Rank in category: 35(of 42)

Best time in the category: 32:11