



16. Mühlhäuser Altstadtlauf
Mühlhausen / 25.08.2012

Detailed evaluation

Niwczyk, Ronny

Club: Bundeswehr

Number: 359

Course: 5.00 km

5 km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 21:06

Speed: 14.22 km/h

Running performance: 4:13 min/km

Rank in course/Total: 17 (of 140)

Rank in course/Men: 15 (of 93)

Best time in course: 15:38

Rank in category: 2(of 24)

Best time in the category: 19:58