



16. Mühlhäuser Altstadtlauf
Mühlhausen / 25.08.2012

Detailed evaluation

Rudolph, Manuel

Club: VKW

Number: 444

Course: 5.00 km

5 km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 22:50

Speed: 13.14 km/h

Running performance: 4:34 min/km

Rank in course/Total: 30 (of 140)

Rank in course/Men: 26 (of 93)

Best time in course: 15:38

Rank in category: 5(of 24)

Best time in the category: 19:58