



16. Mühlhäuser Altstadtlauf
Mühlhausen / 25.08.2012

Detailed evaluation

Guckuk, Horst

Club: RUNNING TEAM Wiegand GmbH
Number: 343

Course: 5.00 km
5 km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 22:50

Speed: 13.14 km/h
Running performance: 4:34 min/km

Rank in course/Total: 31 (of 140)

Rank in course/Men: 26 (of 93)

Best time in course: 15:38

Rank in category: 3(of 11)

Best time in the category: 19:08