



16. Mühlhäuser Altstadtlauf  
Mühlhausen / 25.08.2012

Detailed evaluation

**Prüger, Ralf**

Club: SG Schmeritz  
Number: 422

Course: 5.00 km  
5 km-Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 23:38

Speed: 12.69 km/h  
Running performance: 4:44 min/km

Rank in course/Total: 35 (of 140)

Rank in course/Men: 31 (of 93)

Best time in course: 15:38

Rank in category: 4(of 11)

Best time in the category: 19:08