



16. Mühlhäuser Altstadtlauf  
Mühlhausen / 25.08.2012

Detailed evaluation

Leister, Karl-Heinz

Club: Sparkasse UH  
Number: 322

Course: 5.00 km  
5 km-Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 25:18

Speed: 11.86 km/h  
Running performance: 5:04 min/km

Rank in course/Total: 59 (of 140)

Rank in course/Men: 48 (of 93)

Best time in course: 15:38

Rank in category: 6(of 11)

Best time in the category: 19:08