



16. Mühlhäuser Altstadtlauf  
Mühlhausen / 25.08.2012

Detailed evaluation

Langer, Daniel

Club: Pohlheim  
Number: 419

Course: 5.00 km  
5 km-Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 25:51

Speed: 11.61 km/h  
Running performance: 5:10 min/km

Rank in course/Total: 68 (of 140)

Rank in course/Men: 55 (of 93)

Best time in course: 15:38

Rank in category: 8(of 15)

Best time in the category: 16:40