



16. Mühlhäuser Altstadtlauf  
Mühlhausen / 25.08.2012

Detailed evaluation

**Kaise, Jens**

Club: Ammern  
Number: 449

Course: 5.00 km  
5 km-Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 27:56

Speed: 10.74 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 97 (of 140)

Rank in course/Men: 72 (of 93)

Best time in course: 15:38

Rank in category: 10(of 11)

Best time in the category: 19:08