



16. Mühlhäuser Altstadtlauf  
Mühlhausen / 25.08.2012

Detailed evaluation

**Unruh, Manuel**

Club: TV 03 Breitenbach  
Number: 1917

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 38:16

Speed: 15.68 km/h  
Running performance: 3:50 min/km

Rank in course/Total: 9 (of 161)

Rank in course/Men: 9 (of 133)

Best time in course: 33:29

Rank in category: 1(of 22)

Best time in the category: 38:16