



16. Mühlhäuser Altstadtlauf
Mühlhausen / 25.08.2012

Detailed evaluation

Eltahir, Ahmed

Club: Bad Langensalza

Number: 2049

Course: 10.00 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 43:35

Speed: 13.77 km/h

Running performance: 4:22 min/km

Rank in course/Total: 39 (of 161)

Rank in course/Men: 39 (of 133)

Best time in course: 33:29

Rank in category: 6(of 19)

Best time in the category: 39:54