



16. Mühlhäuser Altstadtlauf
Mühlhausen / 25.08.2012

Detailed evaluation

Trautmann, Heiko

Club: TLC Mühlhausen
Number: 2033

Course: 10.00 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 46:40

Speed: 12.86 km/h
Running performance: 4:40 min/km

Rank in course/Total: 60 (of 161)

Rank in course/Men: 59 (of 133)

Best time in course: 33:29

Rank in category: 10(of 19)

Best time in the category: 39:54