



16. Mühlhäuser Altstadtlauf  
Mühlhausen / 25.08.2012

Detailed evaluation

**Ständer, Mike**

Club: Roter Stern Pfafferoode  
Number: 2075

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 47:34

Speed: 12.61 km/h  
Running performance: 4:46 min/km

Rank in course/Total: 68 (of 161)

Rank in course/Men: 67 (of 133)

Best time in course: 33:29

Rank in category: 10(of 22)

Best time in the category: 38:16