



16. Mühlhäuser Altstadtlauf  
Mühlhausen / 25.08.2012

Detailed evaluation

Knieriem, Kai

Club: VKW

Number: 2020

Course: 10.00 km

Hauptlauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 47:55

Speed: 12.52 km/h

Running performance: 4:47 min/km

Rank in course/Total: 72 (of 161)

Rank in course/Men: 70 (of 133)

Best time in course: 33:29

Rank in category: 9(of 16)

Best time in the category: 33:29