



16. Mühlhäuser Altstadtlauf  
Mühlhausen / 25.08.2012

Detailed evaluation

manegold, Heiko

Club: Mühlhausen

Number: 1934

Course: 10.00 km

Hauptlauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 49:01

Speed: 12.24 km/h

Running performance: 4:54 min/km

Rank in course/Total: 82 (of 161)

Rank in course/Men: 81 (of 133)

Best time in course: 33:29

Rank in category: 12(of 22)

Best time in the category: 38:16