



16. Mühlhäuser Altstadtlauf  
Mühlhausen / 25.08.2012

Detailed evaluation

**Nolte, Jörg**

Club: Blau Gelb Dieburg  
Number: 2061

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 50:01

Speed: 12.00 km/h  
Running performance: 5:00 min/km

Rank in course/Total: 91 (of 161)

Rank in course/Men: 88 (of 133)

Best time in course: 33:29

Rank in category: 11(of 19)

Best time in the category: 39:54