



16. Mühlhäuser Altstadtlauf
Mühlhausen / 25.08.2012

Detailed evaluation

Helbig, Steffen

Club: Coffee to go
Number: 1997

Course: 10.00 km
Hauptlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 51:11

Speed: 11.72 km/h
Running performance: 5:07 min/km

Rank in course/Total: 98 (of 161)

Rank in course/Men: 94 (of 133)

Best time in course: 33:29

Rank in category: 16(of 22)

Best time in the category: 38:16