



16. Mühlhäuser Altstadtlauf  
Mühlhausen / 25.08.2012

Detailed evaluation

**Gemsjäger, Guido**

Club: RUNNING TEAM Wiegand GmbH  
Number: 1937

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 56:34

Speed: 10.61 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 133 (of 161)

Rank in course/Men: 118 (of 133)

Best time in course: 33:29

Rank in category: 14(of 19)

Best time in the category: 39:54