



16. Mühlhäuser Altstadtlauf
Mühlhausen / 25.08.2012

Detailed evaluation

Stramka, Raik

Club: Lengefeld

Number: 1933

Course: 10.00 km

Hauptlauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 57:07

Speed: 10.50 km/h

Running performance: 5:43 min/km

Rank in course/Total: 138 (of 161)

Rank in course/Men: 121 (of 133)

Best time in course: 33:29

Rank in category: 19(of 22)

Best time in the category: 38:16