



16. Mühlhäuser Altstadtlauf  
Mühlhausen / 25.08.2012

Detailed evaluation

Menche, Ulf

Club: Mühlhausen

Number: 2011

Course: 10.00 km

Hauptlauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 58:53

Speed: 10.19 km/h

Running performance: 5:53 min/km

Rank in course/Total: 148 (of 161)

Rank in course/Men: 127 (of 133)

Best time in course: 33:29

Rank in category: 21(of 22)

Best time in the category: 38:16