



8. Nordhäuser Citylauf  
Nordhausen / 16.09.2012

Detailed evaluation

Mühlhaus, Helmut

Club: Rennsteiglaufverein  
Number: 246

Course: 6.60 km  
2 Runden

Category:  
Senioren M80

Total time: 49:56

Speed: 7.21 km/h  
Running performance: 7:34 min/km

Rank in course/Total: 49 (of 49)

Rank in course/Men: 40 (of 40)

Best time in course: 21:03

Rank in category: 1(of 1)

Best time in the category: 49:56