



17. Mühlhäuser Altstadtlauf  
Mühlhausen / 24.08.2013

Detailed evaluation

**Trautmann, Knut**

Club: VFL Hüpstedt  
Number: 582

Course: 5.00 km  
5 km-Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 21:15

Speed: 14.12 km/h  
Running performance: 4:15 min/km

Rank in course/Total: 25 (of 137)

Rank in course/Men: 22 (of 96)

Best time in course: 17:31

Rank in category: 1(of 7)

Best time in the category: 21:15