



17. Mühlhäuser Altstadtlauf  
Mühlhausen / 24.08.2013

Detailed evaluation

Kapell, Jens

Club: Weinbergen

Number: 600

Course: 5.00 km

5 km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 22:43

Speed: 13.21 km/h

Running performance: 4:32 min/km

Rank in course/Total: 36 (of 137)

Rank in course/Men: 34 (of 96)

Best time in course: 17:31

Rank in category: 5(of 12)

Best time in the category: 19:50