



17. Mühlhäuser Altstadtlauf  
Mühlhausen / 24.08.2013

Detailed evaluation

**Prüger, Ralf**

Club: Lengefeld  
Number: 581

Course: 5.00 km  
5 km-Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 23:24

Speed: 12.82 km/h  
Running performance: 4:41 min/km

Rank in course/Total: 47 (of 137)

Rank in course/Men: 43 (of 96)

Best time in course: 17:31

Rank in category: 7(of 12)

Best time in the category: 19:50