



17. Mühlhäuser Altstadtlauf  
Mühlhausen / 24.08.2013

Detailed evaluation

Michael, Olaf

Club: SV 1932 Lengefeld  
Number: 500

Course: 5.00 km  
5 km-Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 24:56

Speed: 12.03 km/h  
Running performance: 4:59 min/km

Rank in course/Total: 65 (of 137)

Rank in course/Men: 58 (of 96)

Best time in course: 17:31

Rank in category: 9(of 12)

Best time in the category: 19:50