



17. Mühlhäuser Altstadtlauf  
Mühlhausen / 24.08.2013

Detailed evaluation

**Kramer, Heinz**

Club: Mühlhausen

Number: 2229

Course: 10.00 km

Hauptlauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 41:54

Speed: 14.32 km/h

Running performance: 4:11 min/km

Rank in course/Total: 25 (of 167)

Rank in course/Men: 24 (of 130)

Best time in course: 34:30

Rank in category: 3(of 12)

Best time in the category: 38:41