



17. Mühlhäuser Altstadtlauf
Mühlhausen / 24.08.2013

Detailed evaluation

Seehof, Frank

Club: Thamsbrück
Number: 2264

Course: 10.00 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 44:52

Speed: 13.37 km/h
Running performance: 4:29 min/km

Rank in course/Total: 37 (of 167)

Rank in course/Men: 36 (of 130)

Best time in course: 34:30

Rank in category: 6(of 26)

Best time in the category: 37:46