



17. Mühlhäuser Altstadtlauf  
Mühlhausen / 24.08.2013

Detailed evaluation

Knieriem, Kai

Club: MCU Halle

Number: 2261

Course: 10.00 km

Hauptlauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 46:12

Speed: 12.99 km/h

Running performance: 4:37 min/km

Rank in course/Total: 46 (of 167)

Rank in course/Men: 45 (of 130)

Best time in course: 34:30

Rank in category: 8(of 17)

Best time in the category: 36:22