



17. Mühlhäuser Altstadtlauf  
Mühlhausen / 24.08.2013

Detailed evaluation

Mende, Herbert

Club: Fa. Rübsam  
Number: 2142

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 46:40

Speed: 12.86 km/h  
Running performance: 4:40 min/km

Rank in course/Total: 49 (of 167)

Rank in course/Men: 47 (of 130)

Best time in course: 34:30

Rank in category: 6(of 12)

Best time in the category: 38:41