



17. Mühlhäuser Altstadtlauf
Mühlhausen / 24.08.2013

Detailed evaluation

Held, Thoralf

Club: SSV 02 Erfur
Number: 2258

Course: 10.00 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 48:32

Speed: 12.36 km/h
Running performance: 4:51 min/km

Rank in course/Total: 63 (of 167)

Rank in course/Men: 60 (of 130)

Best time in course: 34:30

Rank in category: 10(of 26)

Best time in the category: 37:46