



17. Mühlhäuser Altstadtlauf
Mühlhausen / 24.08.2013

Detailed evaluation

Pioch, Frank

Club: Laufbrigade

Number: 2247

Course: 10.00 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 50:13

Speed: 11.95 km/h

Running performance: 5:01 min/km

Rank in course/Total: 81 (of 167)

Rank in course/Men: 77 (of 130)

Best time in course: 34:30

Rank in category: 14(of 26)

Best time in the category: 37:46