



17. Mühlhäuser Altstadtlauf
Mühlhausen / 24.08.2013

Detailed evaluation

Helbig, Steffen

Number: 2202

Course: 10.00 km
Hauptlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 51:47

Speed: 11.59 km/h

Running performance: 5:11 min/km

Rank in course/Total: 95 (of 167)

Rank in course/Men: 86 (of 130)

Best time in course: 34:30

Rank in category: 18(of 26)

Best time in the category: 37:46