



17. Mühlhäuser Altstadtlauf  
Mühlhausen / 24.08.2013

Detailed evaluation

Kranz, Horst

Club: Sondershausen  
Number: 2220

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 51:49

Speed: 11.58 km/h  
Running performance: 5:11 min/km

Rank in course/Total: 96 (of 167)

Rank in course/Men: 87 (of 130)

Best time in course: 34:30

Rank in category: 9(of 12)

Best time in the category: 38:41