



17. Mühlhäuser Altstadtlauf  
Mühlhausen / 24.08.2013

Detailed evaluation

Manegold, Heiko

Club: Mühlhausen  
Number: 2213

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 54:08

Speed: 11.08 km/h  
Running performance: 5:25 min/km

Rank in course/Total: 121 (of 167)

Rank in course/Men: 108 (of 130)

Best time in course: 34:30

Rank in category: 21(of 26)

Best time in the category: 37:46